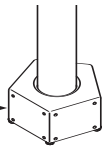
FREEMOTION®
CARBON

USER'S MANUAL

Model No. VMSY80407.0
Serial No. _____

Write the serial number in the space above for future reference.

Serial Number Decal →

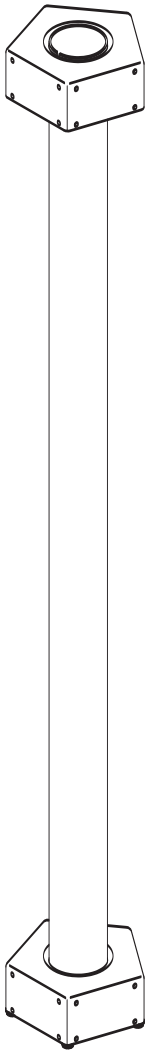


QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.freemotionfitness.com

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before attaching weight stations to the center column. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of the center column.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **Use the center column only as described in this manual.**
3. **Keep the center column indoors, away from moisture and dust. Place the center column on a level surface, with a mat beneath it to protect the floor or carpet.**
4. **To prevent the center column from tipping over, lay it on the floor until you are ready to attach one of the weight stations.**

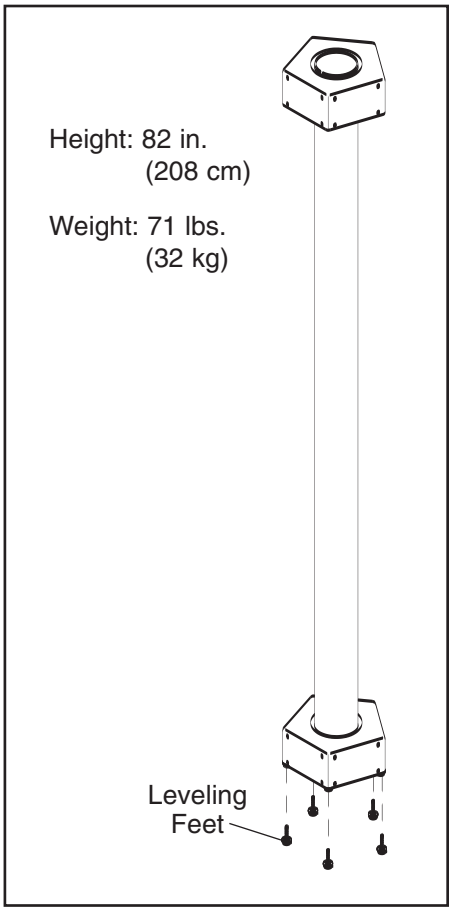
BEFORE YOU BEGIN

Thank you for purchasing the center column for the versatile FREEMOTION® CARBON™ weight system. The center column connects a series of weight stations designed to develop every major muscle group of the body: the TRAVELING PULLEY station (model no. VMSY80507.0), the LEG DEVELOPER station (model no. VMSY80607.0), the PRESS station (model no. VMSY80707.0), the WEIGHT ASSIST station (model no. VMSY80807.0), and the LEG PRESS station (model no. VMSY80907.0). **To purchase additional stations, please call the telephone number on the back cover of this manual.**

Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the FREEMOTION CARBON weight system will help you to achieve the specific results that you want.

For your benefit, read this manual carefully before you attach weight stations to the center column. If you have questions after reading this manual, or if you need to order replacement leveling feet, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Before attaching weight stations, make sure that the five leveling feet are attached to the center column.



LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

WARRANTY PERIODS AND COVERAGE

Residential and Light Commercial
Frame: Lifetime
Parts: 10 years
Cables/Belts: 1 year
Upholstery and Accessories: 90 days
Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The 1-year labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, improper service.
4. Users in excess of 350 lbs. (159 kg) in weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spas and pools.

This warranty shall not apply to the following:
1. Cosmetic items including grips, decals, and labels.
2. Pick-up and delivery of freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased your equipment. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, cost of removal, installation or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights and you may have other rights that vary from state to state.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the address or phone number listed below. Please be prepared to provide the following information:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

Call
Toll-free in the US: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MST
International: +1-719-533-2911

Email
US: fmfvmcustomerservice@freemotionfitness.com
International: intlcustomercare@freemotionfitness.com

Write
FreeMotion Fitness
1096 Elkton Drive Suite 600
Colorado Springs CO 80907

Part No. 252590 R0807A

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FREEMOTION®

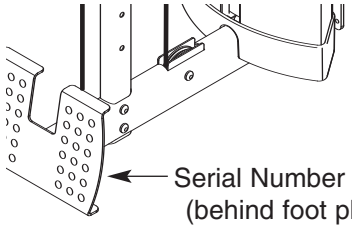
CARBON™

Traveling Pulley

USER'S MANUAL

Model No. VMSY80507.0
Serial No. _____

Write the serial number in the space above for future reference.



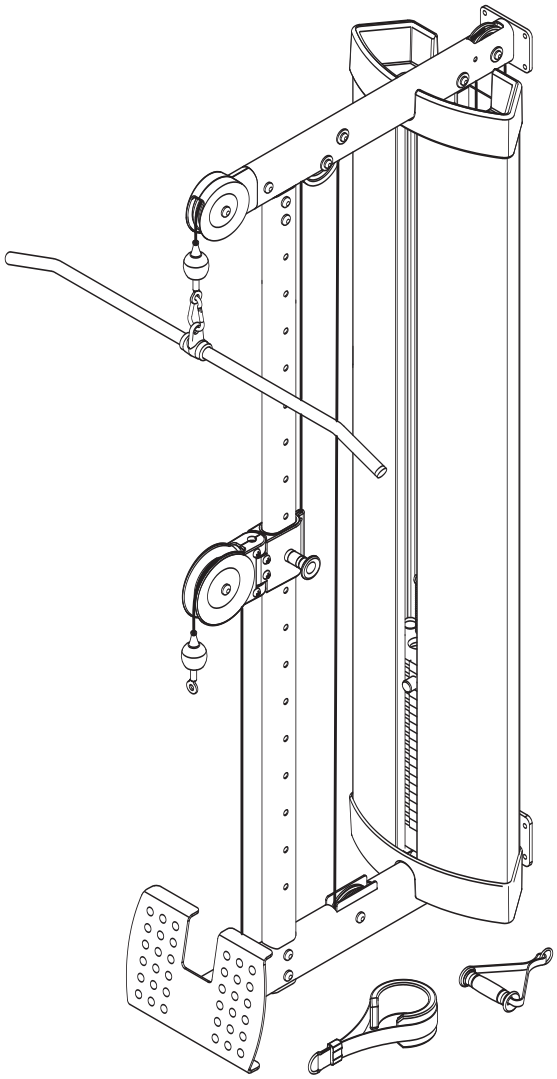
Serial Number Decal
(behind foot plate)

QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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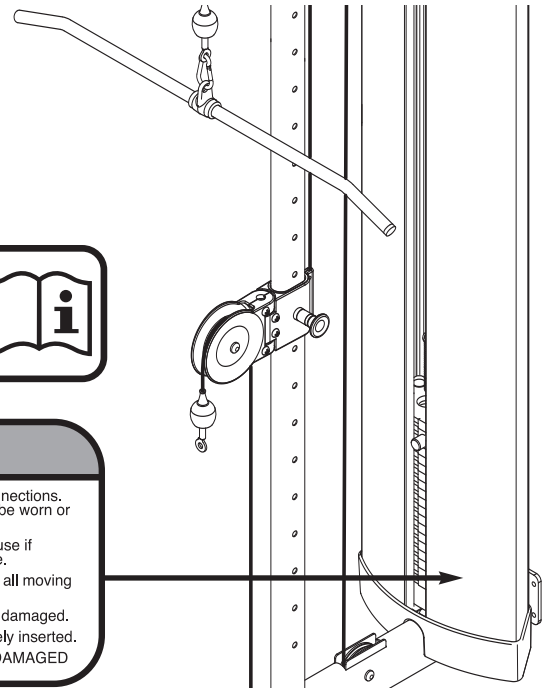
HOW TO CONTACT CUSTOMER CARE . . . . . Back Cover

WARNING DECAL PLACEMENT

The decal shown here has been placed in the indicated location. **If the decal is missing or illegible, call the telephone number on the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.


WARNING
• Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
• Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
• This equipment to be used only under qualified supervision.
• NEVER pin the weight stack in an elevated position.
• Obtain a medical exam before beginning an exercise program.
• INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
• Inspect the machine before use. Do not use if machine appears damaged or inoperable.
• Keep body and clothing free and clear of all moving parts.
• NEVER use if any component is worn or damaged.
• Be certain that the weight pin is completely inserted.
• Do not remove this label. REPLACE IF DAMAGED

FREEMOTION is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight station before using the weight station. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of the weight station.

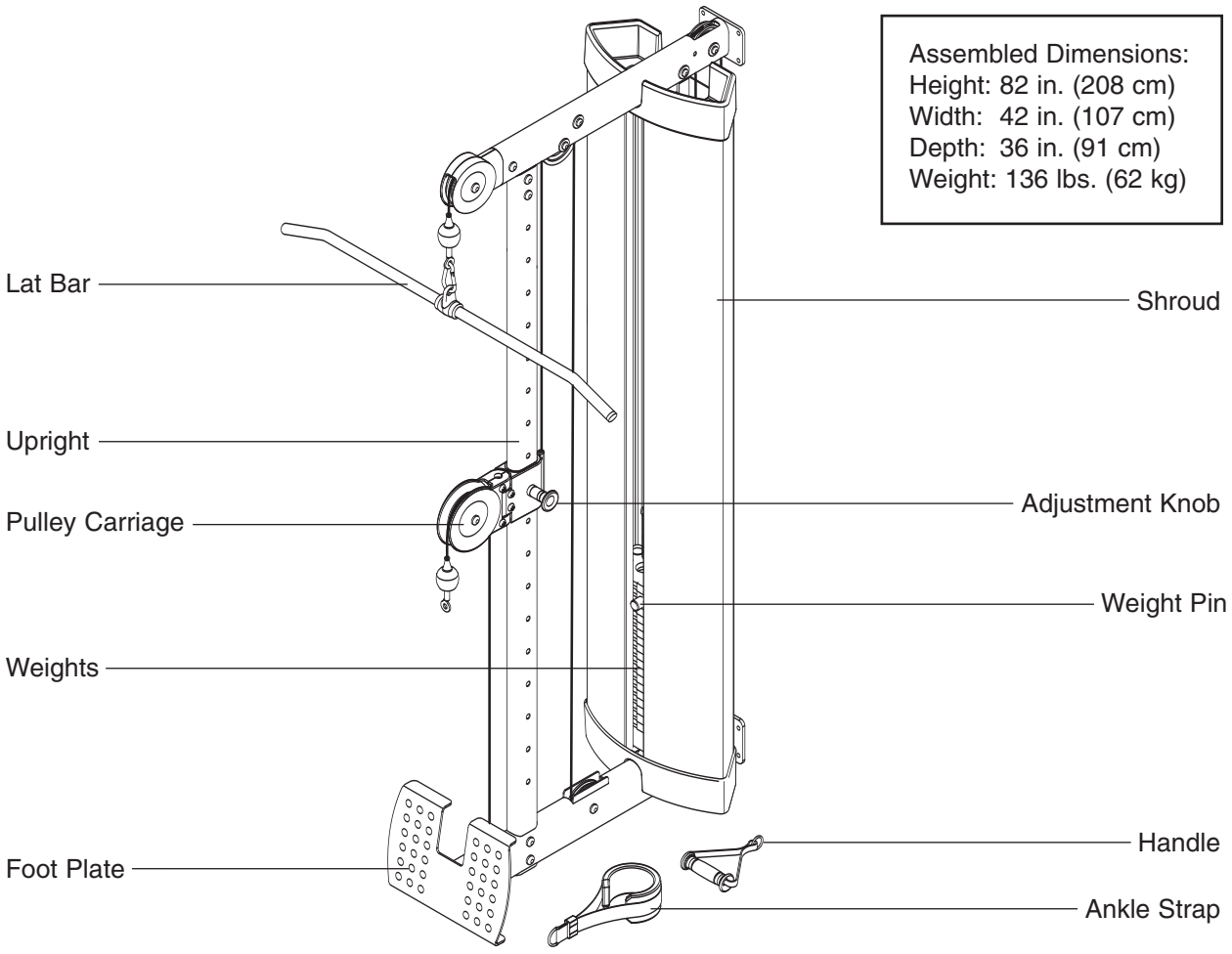
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **Use the weight station only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight station are adequately informed of all precautions.**
4. **Keep the weight station indoors, away from moisture and dust. Place the weight station on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight station to mount, dismount, and use it.**
5. **Keep hands and feet away from moving parts.**
6. **Keep children under age 12 and pets away from the weight station at all times.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Make sure that the cables remain on the pulleys at all times. If a cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys.**
9. **Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.**
10. **Always make sure that the weight pin is fully inserted into the weight stack before you exercise.**
11. **To prevent the weight system from tipping over, always assemble another station (sold separately) to the center column (sold separately) before assembling the TRAVELING PULLEY station.**
12. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the TRAVELING PULLEY station for the versatile FREEMOTION® CARBON™ weight system. The TRAVELING PULLEY station is one of a series of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results that you want.

For your benefit, read this manual carefully before you use the weight station. If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. To help us assist you, note the product number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

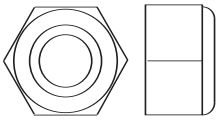


Note: The FREEMOTION CARBON weight system can include the following weight stations (sold separately): the TRAVELING PULLEY station (model no. VMSY80507.0), the LEG DEVELOPER station (model no. VMSY80607.0), the PRESS station (model no. VMSY80707.0), the WEIGHT ASSIST station (model no. VMSY80807.0), and the LEG PRESS station (model no. VMSY80907.0). To purchase additional stations, please call the telephone number on the back cover of this manual.

PART IDENTIFICATION CHART

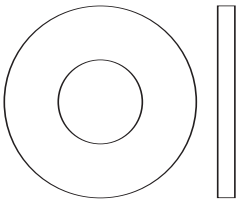
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**

M6 Nylon Locknut (53)



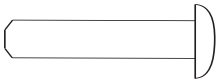
M10 Thick Nylon Locknut (38)

M6.5 Washer (54)

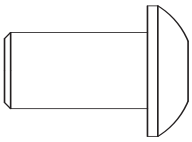


M10 Washer (37)

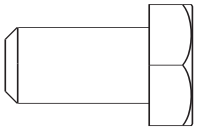
M8 x 8mm Set Screw (45)



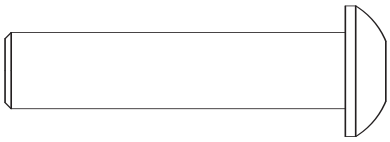
M5 x 25mm Screw (47)



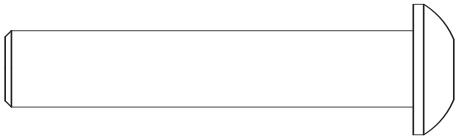
M10 x 19mm Screw (52)



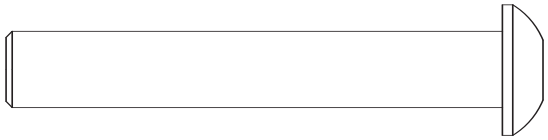
M10 x 19mm Hex Screw (40)



M10 x 45mm Bolt (56)



M10 x 54mm Bolt (41)



M10 x 66mm Bolt (34)

ASSEMBLY

Make Assembly Easier

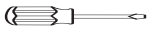
Everything in this manual is designed to ensure that the weight station can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight station should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight station as you assemble it. **If attaching additional stations to the column, leave enough clearance for those stations.**
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight station, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the included hex key and grease and may require the following tools:

Two adjustable wrenches

One rubber mallet

One standard screwdriver 

One Phillips screwdriver

One torque wrench (not shown)

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

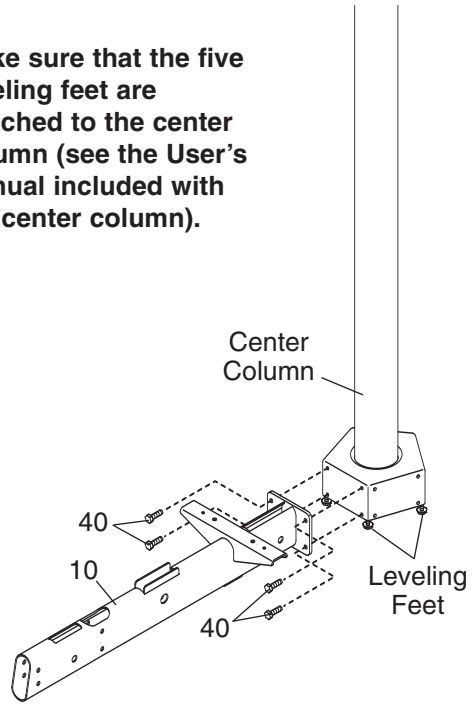
1. **Before beginning assembly, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be preassembled.**

   IMPORTANT: To prevent the weight system from tipping over, always assemble another station (sold separately) to the center column (sold separately) before assembling the TRAVELING PULLEY station.

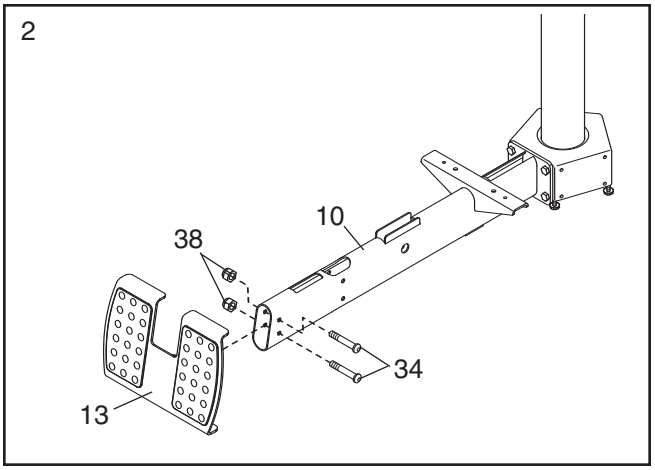
   Attach the Base (10) to the center column with four M10 x 19mm Hex Screws (40).

1

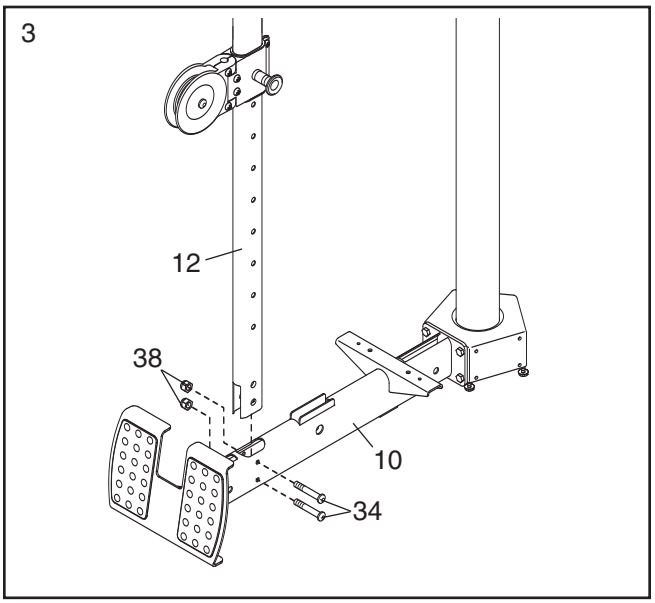
Make sure that the five leveling feet are attached to the center column (see the User's Manual included with the center column).



2. Attach the Foot Plate (13) to the Base (10) with two M10 x 66mm Bolts (34) and two M10 Thick Nylon Locknuts (38).

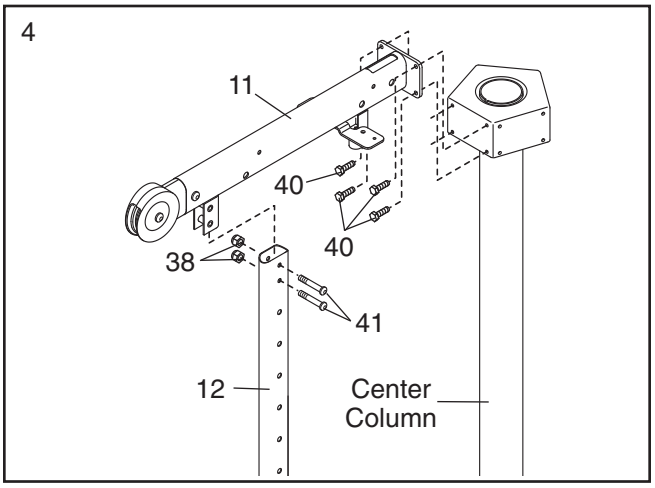


3. Attach the Upright (12) to the Base (10) with two M10 x 66mm Bolts (34) and two M10 Thick Nylon Locknuts (38). **Do not tighten the Thick Nylon Locknuts yet.**



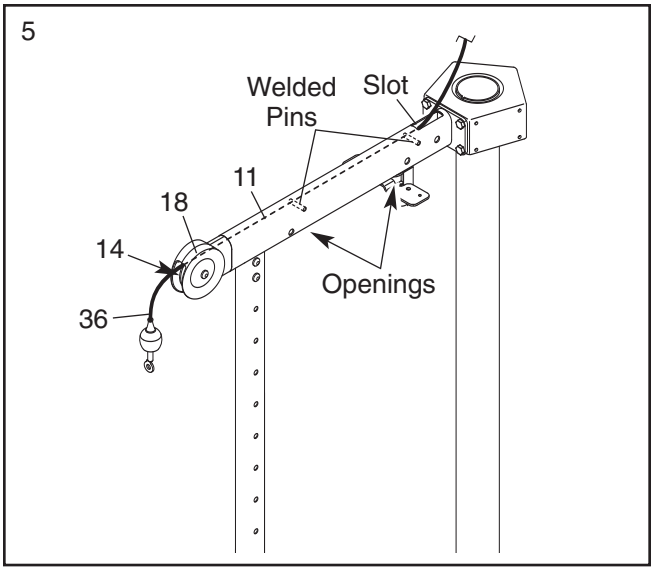
4. Attach the Top Frame (11) to the center column with four M10 x 19mm Hex Screws (40). **Do not tighten the Screws yet.**

   Attach the Top Frame (11) to the Upright (12) with two M10 x 54mm Bolts (41) and two M10 Thick Nylon Locknuts (38). **Do not tighten the Thick Nylon Locknuts yet.**

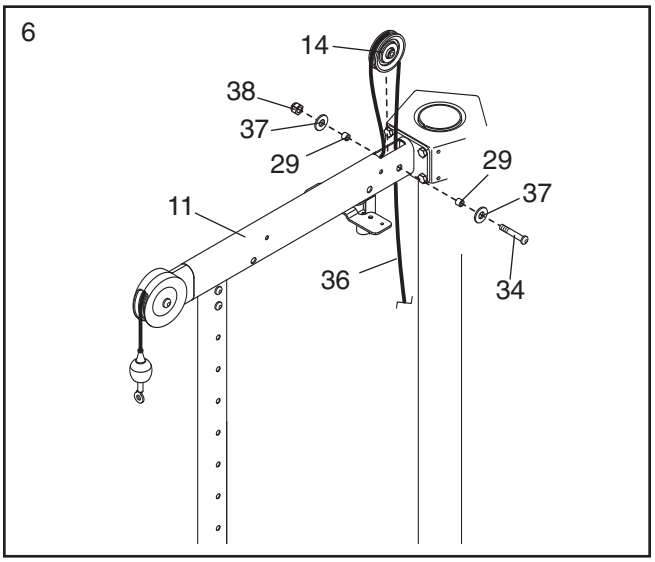


5. **See the CABLE DIAGRAM on page 18 to identify the cables as you assemble them.**

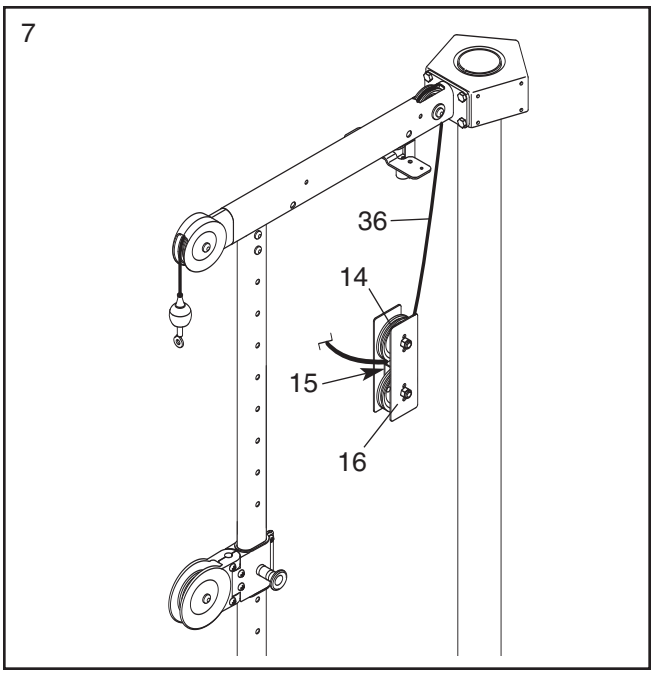
   Identify the Short Cable (36). Feed the threaded end of the Cable through the Small Pulley Bracket (18), above the Small Pulley (14) that is inside the Small Pulley Bracket. Continue feeding the Cable into the Top Frame (11); **look up into the indicated openings and make sure that the Cable is above the two welded pins inside the Top Frame.** Then, pull the end of the Cable out of the indicated slot in the Top Frame.



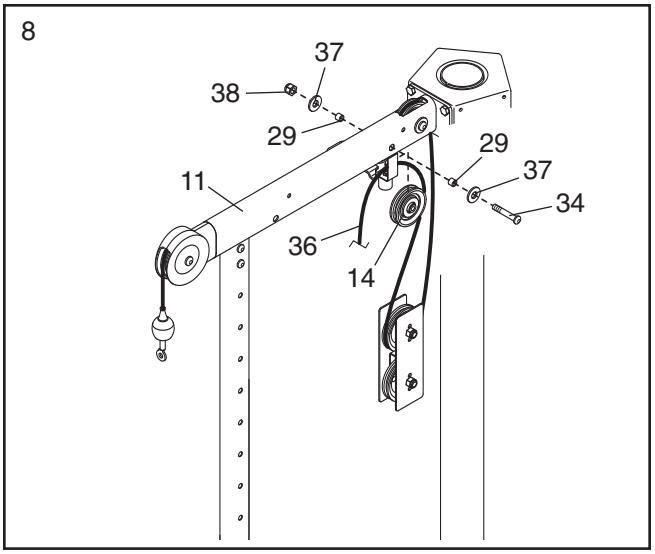
6. Route the Short Cable (36) downward through the Top Frame (11) as shown. Insert a Small Pulley (14) into the slot in the Top Frame. Attach the Small Pulley with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



7. Route the Short Cable (36) under a Small Pulley (14) that is attached between the Pulley Plates (16). **Make sure that the Cable is between the Small Pulley and the Cable Trap (15).**

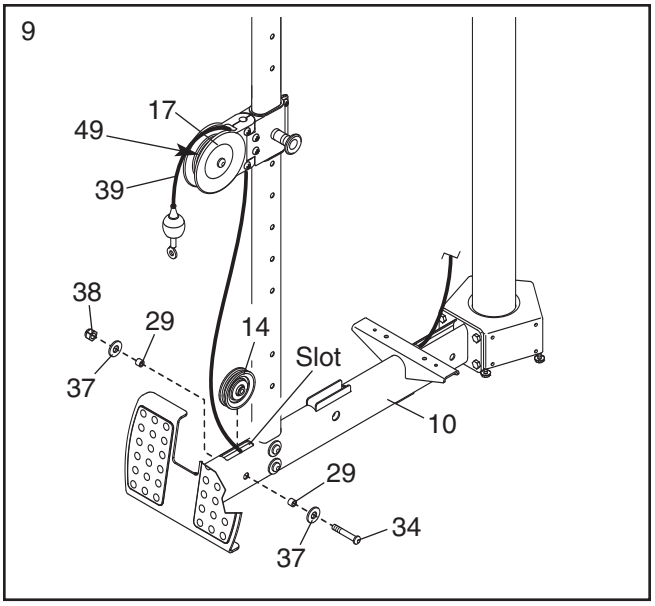


8. Route the Short Cable (36) through the bumper bracket as shown. Next, wrap the Cable over a Small Pulley (14). Attach the Small Pulley inside the Top Frame (11) with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).

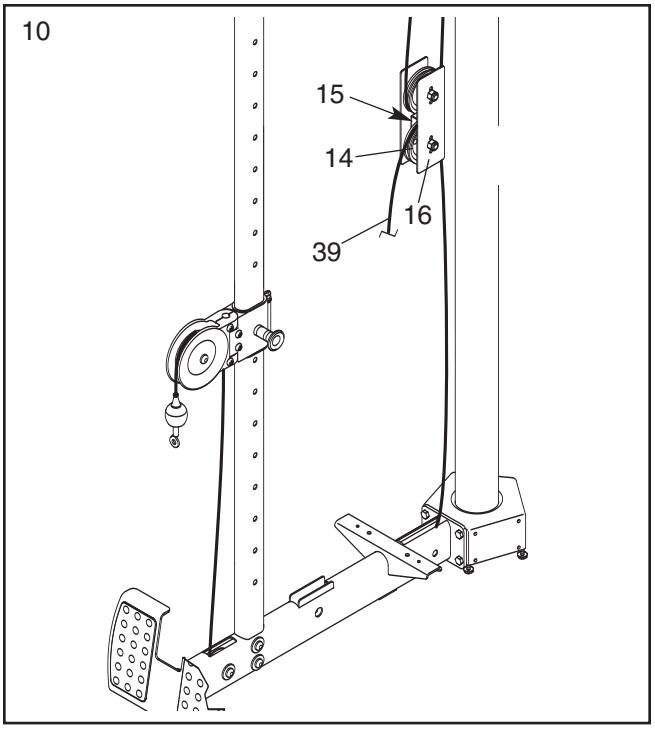


9. **Identify the Long Cable (39).** Feed the threaded end of the Cable through the Large Pulley Bracket (17). Wrap the Cable over the Large Pulley (49) that is inside the Large Pulley Bracket.

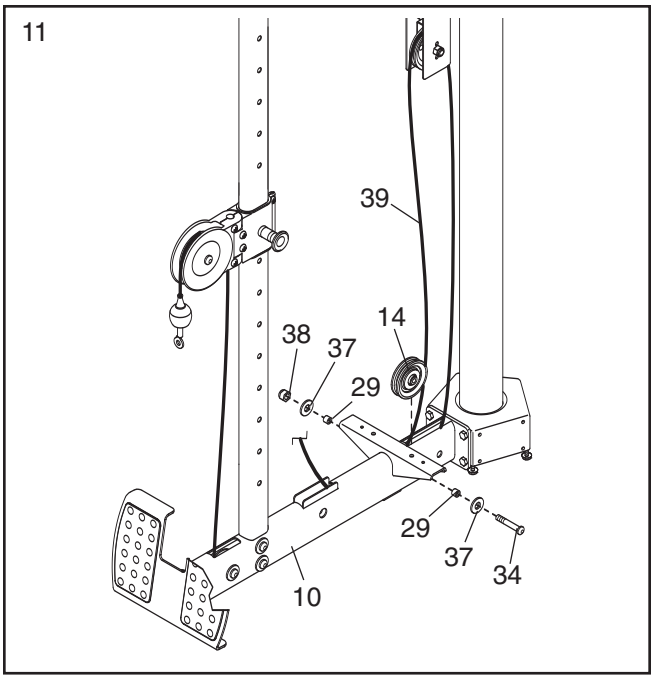
   Route the Long Cable (39) through the Base (10) as shown. Attach a Small Pulley (14) inside the indicated slot in the Base with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



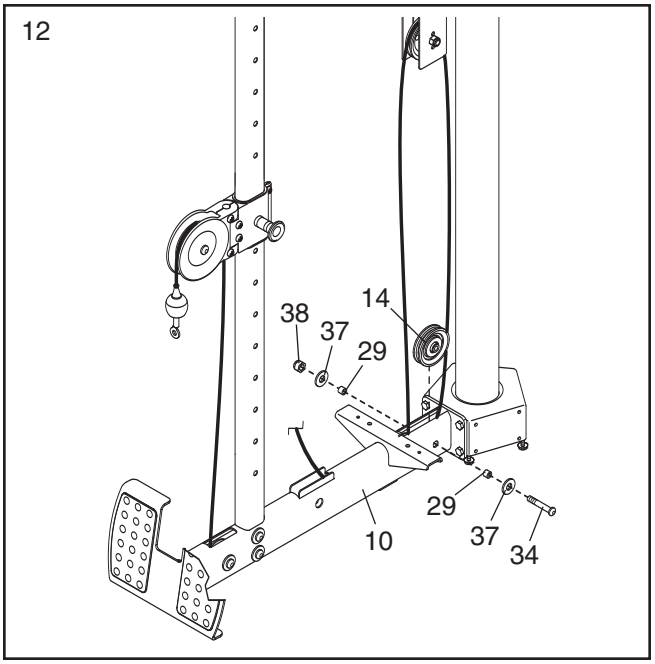
10. Route the Long Cable (39) over the Small Pulley (14) that is attached to bottom of the Pulley Plates (16). **Make sure that the Cable is between the Pulley and the Cable Trap (15).**



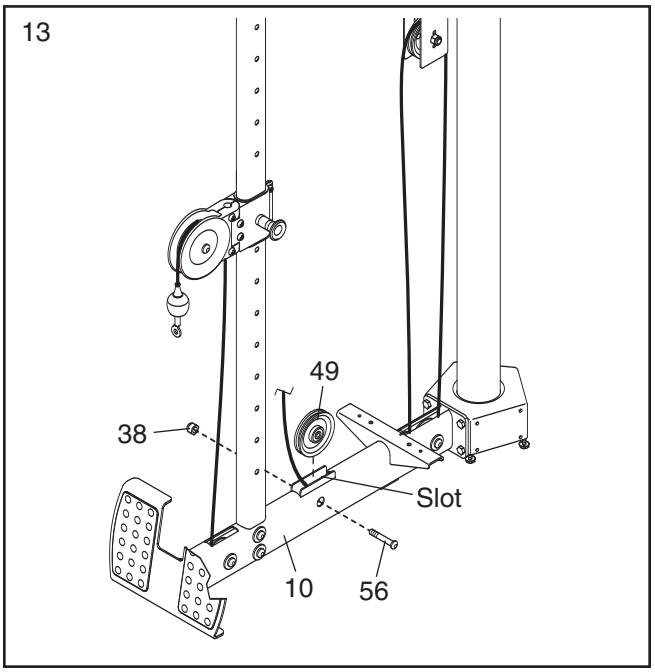
11. Route the Long Cable (39) through the Base (10) as shown. Attach a Small Pulley (14) inside the Base with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



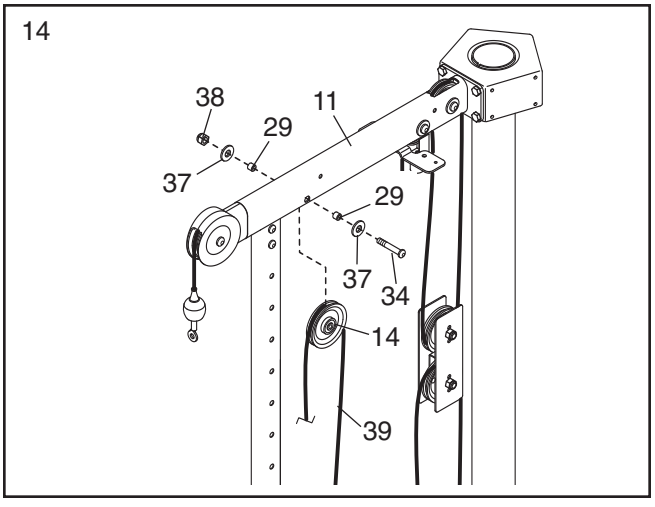
12. Attach a Small Pulley (14) inside the Base (10) with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



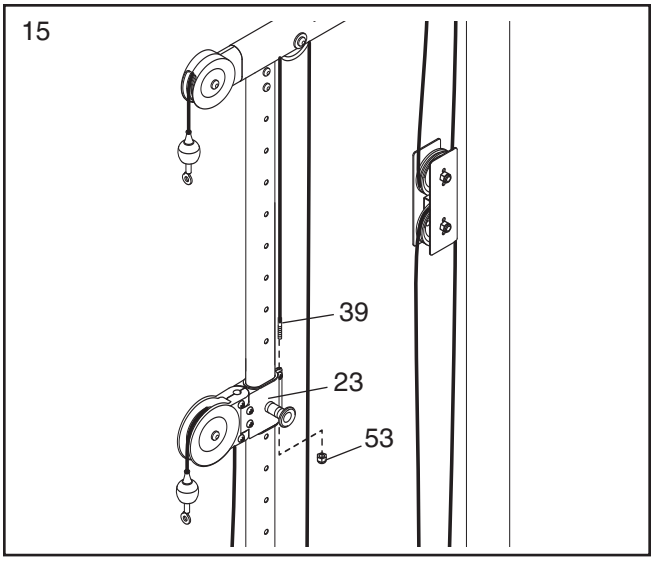
13. Attach a Large Pulley (49) inside the indicated slot in the Base (10) with an M10 x 45mm Bolt (56) and an M10 Thick Nylon Locknut (38).



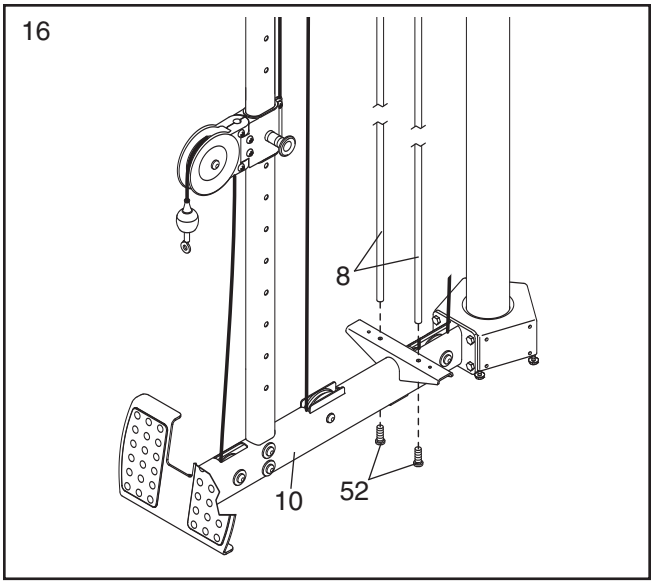
14. Wrap the Long Cable (39) over a Small Pulley (14). Attach the Small Pulley inside the Top Frame (11) with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



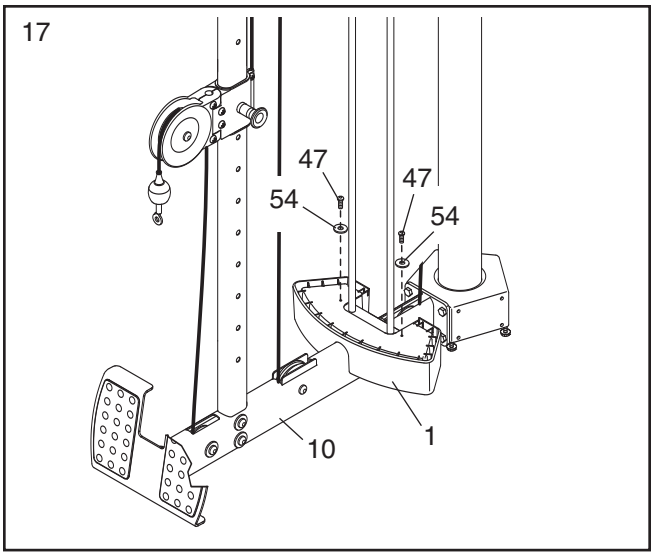
15. Feed the Long Cable (39) downward into the back of the Pulley Carriage (23). Tighten an M6 Nylon Locknut (53) onto the end of the Cable.



16. Attach the two Weight Guides (8) to the Base (10) with two M10 x 19mm Screws (52). **Do not tighten the Screws yet.**

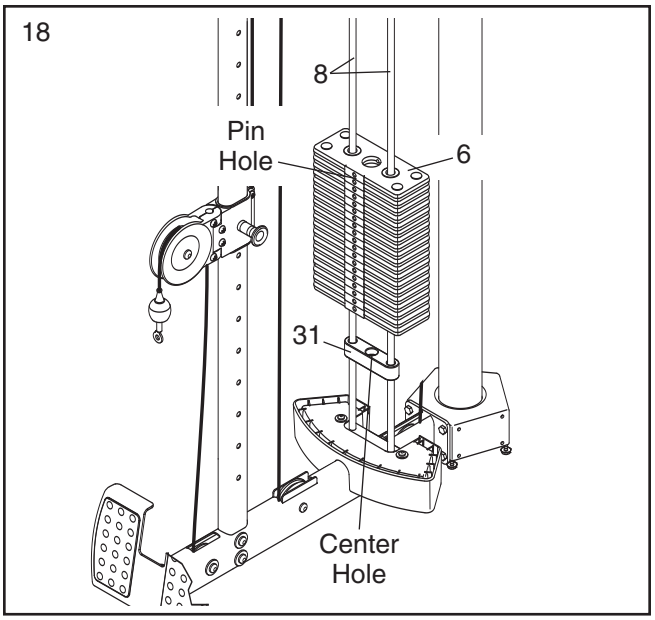


17. Attach the Shroud Base (1) to the Base (10) with two M5 x 25mm Screws (47) and two M6.5 Washers (54).

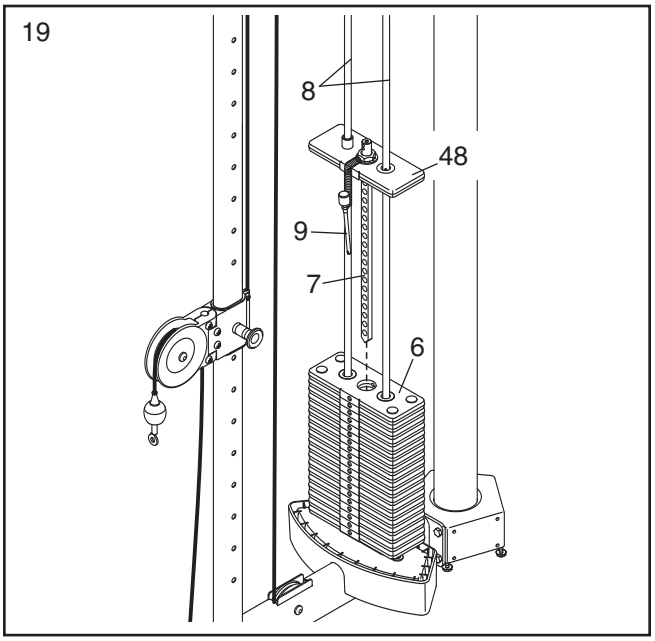


18. Orient the Weight Bumper (31) as shown, and then slide it onto the Weight Guides (8).

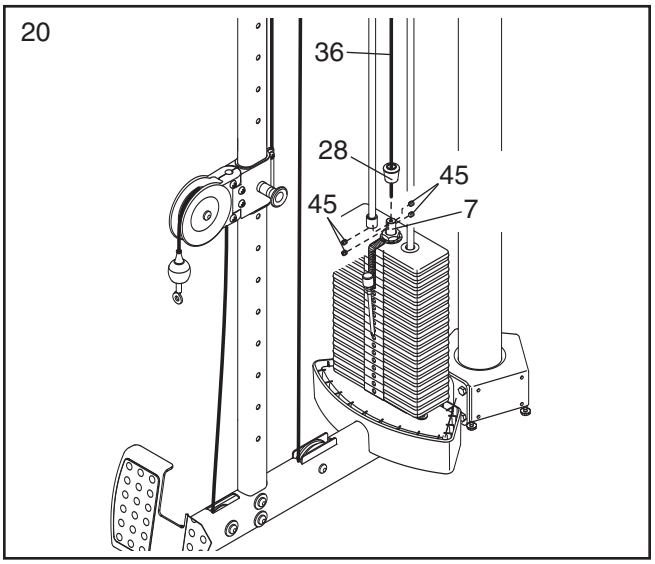
    Orient the nineteen Weights (6) so that the pin holes are positioned as shown. Slide the Weights onto the Weight Guides (8).



19. Orient the Top Weight (48) as shown. Slide the Top Weight onto the Weight Guides (8). Insert the Weight Pin (9) into the hole in a Weight (6) and a hole in the Weight Tube (7).



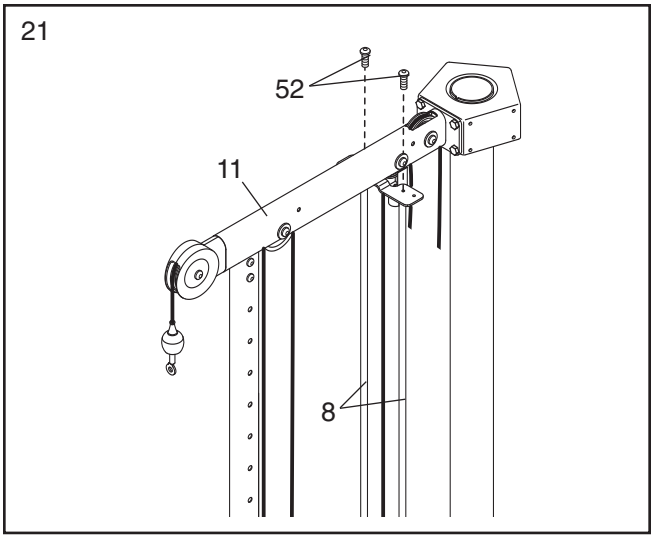
20. Slide the Weight Tube Cover (28) over the Short Cable (36). Then, insert the Cable into the Weight Tube (7) until all four M8 x 8mm Set Screws (45) can be tightened against the Cable. Tighten each Screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).



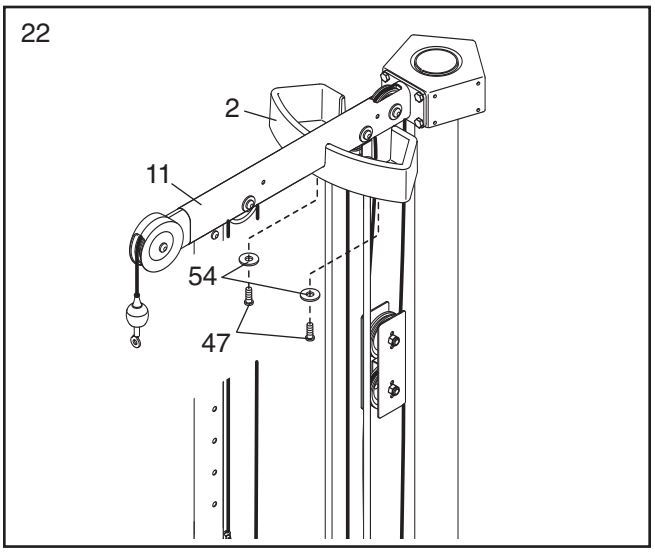
21. Attach the Weight Guides (8) to the Top Frame (11) with two M10 x 19mm Screws (52).

See steps 3 and 4. Tighten the M10 x 19mm Hex Screws (40) and the M10 Thick Nylon Locknuts (38).

See step 16. Tighten the M10 x 19mm Screws (52).



22. Attach the Shroud Top (2) to the Top Frame (11) with two M5 x 25mm Screws (47) and two M6.5 Washers (54).

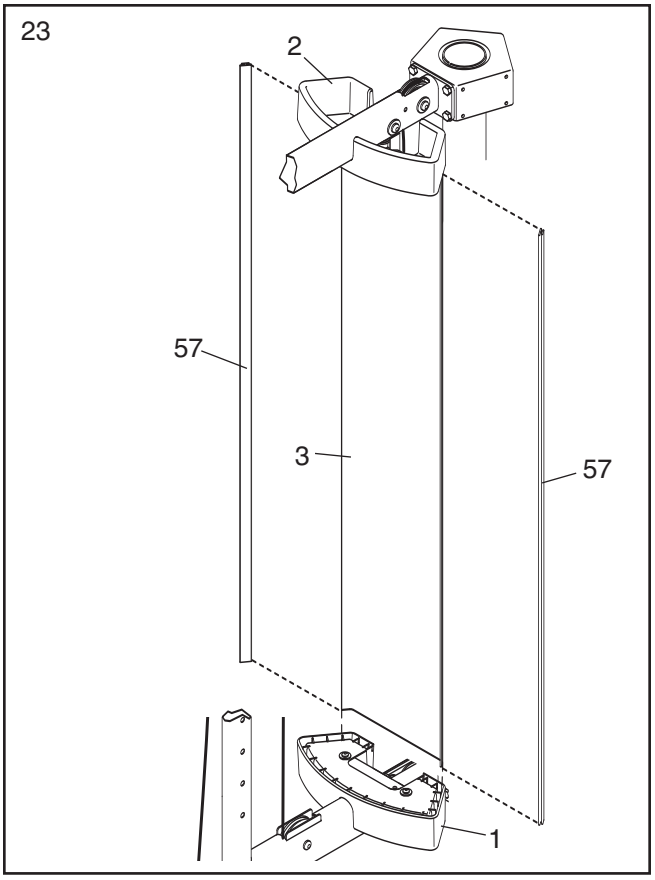


23. **Note: If attaching all the stations to the center column, it is not necessary to attach the Rear Shroud (3) and the Shroud Joints (57).**

For clarity, the weight stack is not shown in steps 23 and 24.

Lift the Rear Shroud (3) up into the back of the Shroud Top (2). Then, slide the Rear Shroud downward into the Shroud Base (1).

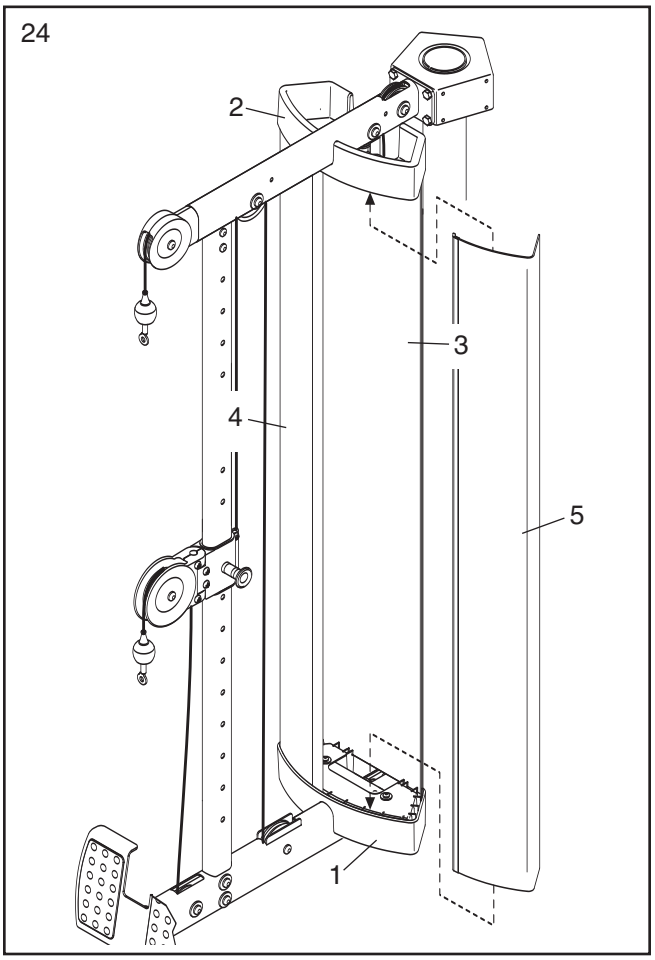
Press the Shroud Joints (57) onto both sides of the Rear Shroud (3). Have a second person hold the Shroud Joints until step 24 is completed.



24. Lift the Left Shroud (4) up into the front of the Shroud Top (2). Then, slide the Left Shroud downward into the Shroud Base (1).

Next, slide the Right Shroud (5) into the Shroud Base (1) in the same way.

Attach the Rear Shroud (3) to the Right Shroud (5) and the Left Shroud (4) with the two Shroud Joints (not shown).



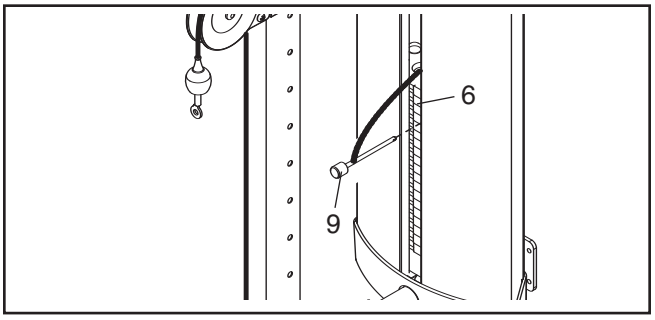
25. **Make sure that all parts are properly tightened before you use the weight station.** The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 16.

ADJUSTMENT

This section explains how to adjust the weight station. See the EXERCISE GUIDELINES on page 19 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

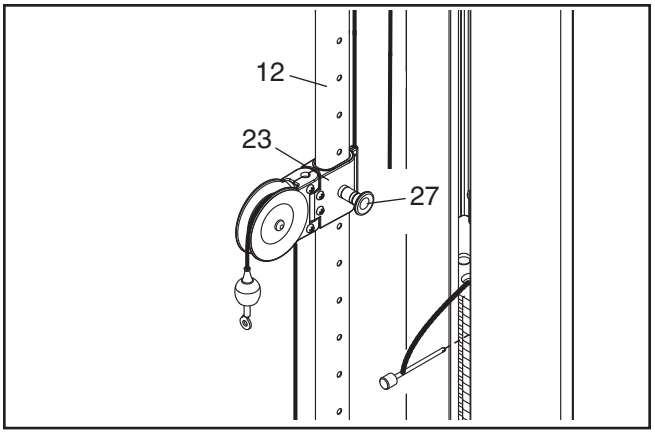
CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (9) into the hole in the desired Weight (6). **Make sure that the Weight Pin goes into the Weight Tube (not shown).**



ADJUSTING THE PULLEY CARRIAGE

To adjust the height of the Pulley Carriage (23), pull the Adjustment Knob (27), slide the Pulley Carriage to the desired height, and then engage the Adjustment Knob into one of the adjustment holes in the Upright (12). **Make sure that the Adjustment Knob is fully engaged in one of the holes in the Upright.**



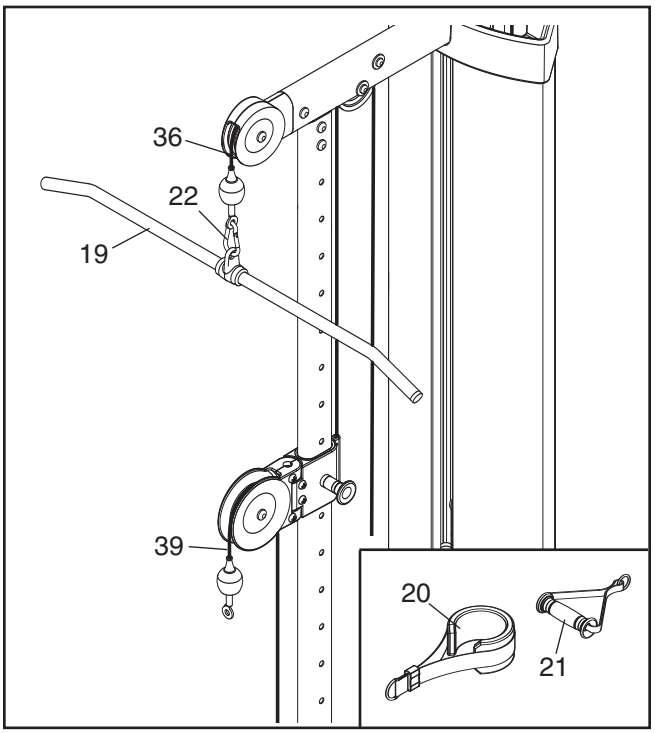
ATTACHING THE ACCESSORIES

To use the Short Cable (36), first select the desired weight setting (see CHANGING THE WEIGHT SETTING above). Next, attach the Lat Bar (19) to the Short Cable with a Cable Clip (22).

To use the Long Cable (39), attach the Lat Bar (19) to the Long Cable in the same way.

See the inset drawing. The Pulley Handle (21) and the Ankle Strap (20) can be attached to the Cables (36, 39) in the same way.

⚠WARNING: Always disconnect the Lat Bar (19) when performing an exercise that does not require using the Lat Bar.



MAINTENANCE

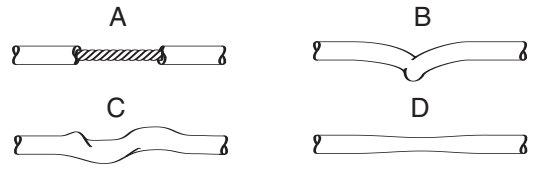
Make sure that all parts are properly tightened each time the weight station is used. Replace any worn parts immediately. Clean the weight station with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight station**.

WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON® or silicone-based lubricants.**

CABLE INSPECTION

Check the entire length of each cable by slowly performing one repetition on the exercise equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the conditions shown on the right, which may indicate a worn cable in need of replacement.



A. torn or split cable sheath
B. kinked or severely bent cable
C. curled or twisted sheath
D. stretched or thinning cable sheath

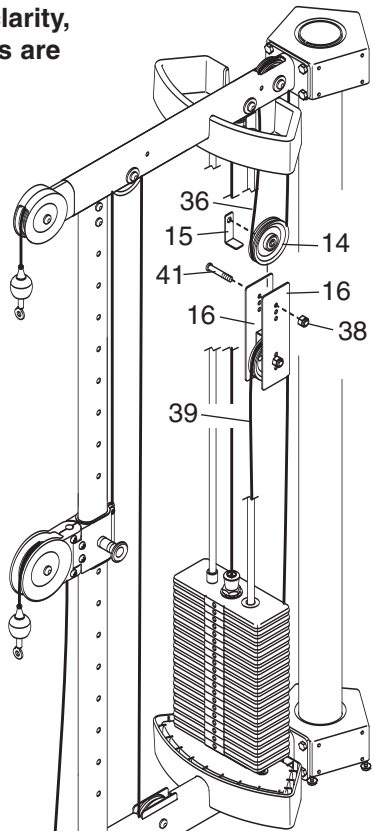
CABLE ADJUSTMENT

Woven cable, the type of cable used on the weight station, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

See CHANGING THE WEIGHT SETTING on page 16. Insert the pin into one of the weights. Next, remove an M10 Thick Nylon Locknut (38) and an M10 x 54mm Bolt (41) from the two Pulley Plates (16), a Cable Trap (15), and a Small Pulley (14). Reattach the Small Pulley and the Cable Trap to a hole closer to the center of the Pulley Plates. **Make sure that the Cable Trap is in the proper position and that the Short Cable (36), the Long Cable (39), and the Small Pulleys move smoothly.**

Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

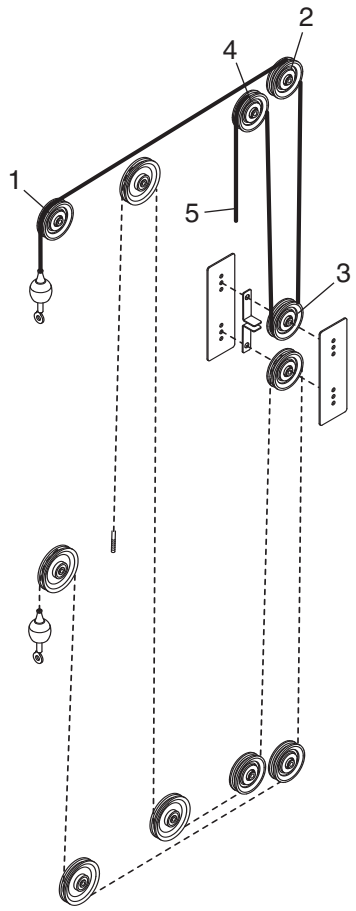
Note: For clarity, the shrouds are not shown.



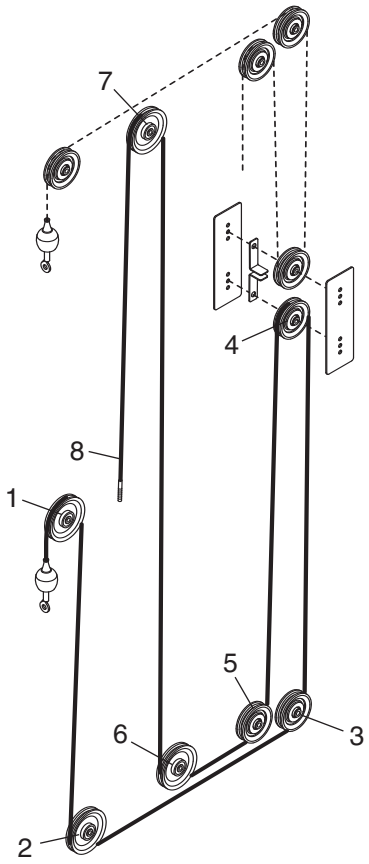
CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables and cable traps are assembled correctly. If the cables and cable traps are not assembled correctly, the weight station will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**

Short Cable (36)
Length: 10 ft. 1 in. (3.1 m)



Long Cable (39)
Length: 27 ft. 7 in. (8.4 m)



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

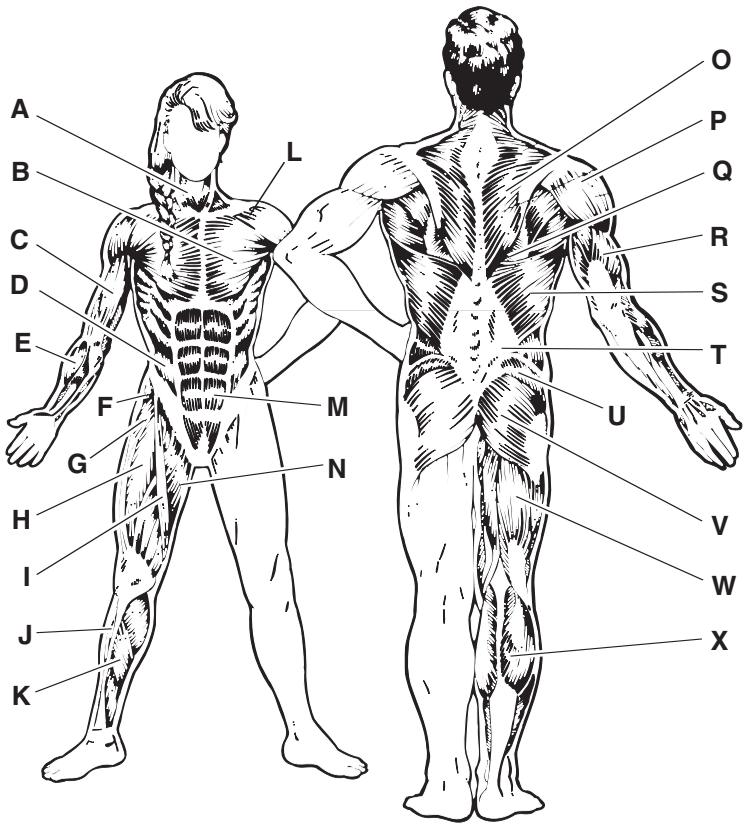
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

WARRANTY PERIODS AND COVERAGE

Residential and Light Commercial
Frame: Lifetime
Parts: 10 years
Cables/Belts: 1 year
Upholstery and Accessories: 90 days
Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The 1-year labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users in excess of 350 lbs. (159 kg) in weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spas and pools.

This warranty shall not apply to the following:
1. Cosmetic items including grips, decals, and labels.
2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased your equipment. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, cost of removal, installation or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights and you may have other rights that vary from state to state.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

PART LIST—Model No. VMSY80507.0

R0807A

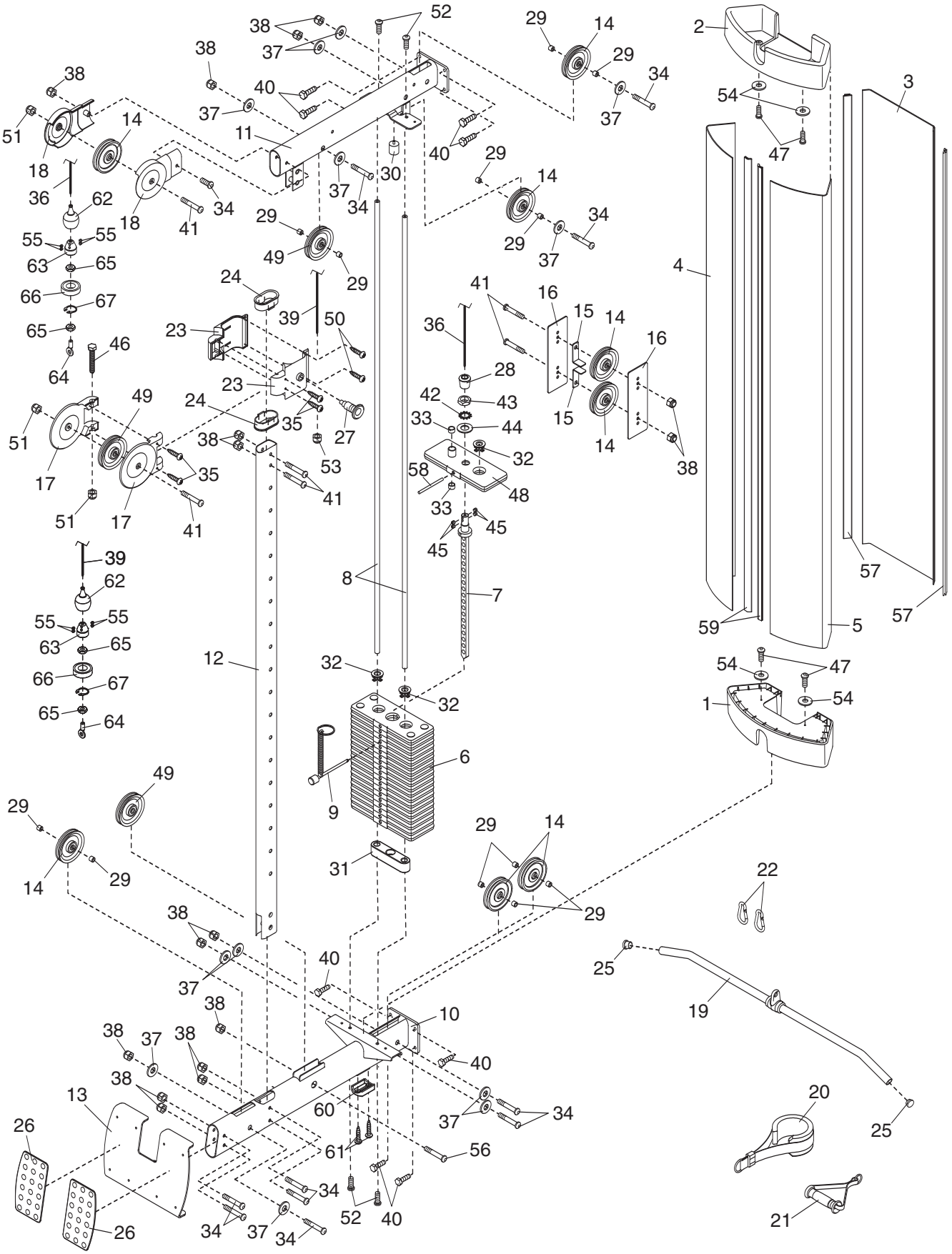
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description
1	1	Shroud Base
2	1	Shroud Top
3	1	Rear Shroud
4	1	Left Shroud
5	1	Right Shroud
6	19	Weight
7	1	Weight Tube
8	2	Weight Guide
9	1	Weight Pin
10	1	Base
11	1	Top Frame
12	1	Upright
13	1	Foot Plate
14	8	Small Pulley
15	2	Cable Trap
16	2	Pulley Plate
17	2	Large Pulley Bracket
18	2	Small Pulley Bracket
19	1	Lat Bar
20	1	Ankle Strap
21	1	Handle
22	2	Weight Clip
23	2	Pulley Carriage
24	2	Upright Bushing
25	2	Handle Cap
26	2	Foot Plate Cover
27	1	Adjustment Knob
28	1	Weight Tube Cover
29	12	Pulley Spacer
30	1	Top Frame Spacer
31	1	Weight Bumper
32	39	Weight Bushing
33	2	Top Weight Spacer
34	11	M10 x 66mm Bolt
35	4	M3 x 30mm Screw
36	1	Short Cable
37	12	M10 Washer
38	16	M10 Thick Nylon Locknut
39	1	Long Cable
40	8	M10 x 19mm Hex Screw
41	6	M10 x 54mm Bolt
42	1	Star Washer
43	1	M10 Nut
44	1	M50.8 Washer
45	4	M8 x 8mm Set Screw
46	1	M10 x 115 Bolt
47	4	M5 x 25mm Screw
48	1	Top Weight
49	3	Large Pulley
50	2	M3 x 8mm Screw
51	3	M10 Thin Nylon Locknut
52	4	M10 x 19mm Screw
53	1	M6 Nylon Locknut
54	4	M6.5 Washer
55	8	M6 x 10mm Screw
56	1	M10 x 45mm Bolt
57	2	Shroud Joint
58	1	Top Weight Pin
59	2	Shroud Edging
60	1	Base Foot
61	2	M4 x 13mm Screw
62	2	Cable Cover
63	2	Coupler
64	2	Cable Eyelet
65	4	M10 Eyebolt
66	2	Bearing
67	2	Retainer Clip
*	–	User's Manual
*	–	Exercise Guide
*	–	Hex Key
*	–	Grease Packet

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. VMSY80507.0

R0807A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the address or phone number listed below. Please be prepared to provide the following information:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

Call
Toll-free in the US: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MST
International: +1-719-533-2911

Email
US: fmfvmcustomerservice@freemotionfitness.com
International: intlcustomercare@freemotionfitness.com

Write
FreeMotion Fitness
1096 Elkton Drive Suite 600
Colorado Springs, CO 80907

Part No. 252591 R0807A
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FREEMOTION®

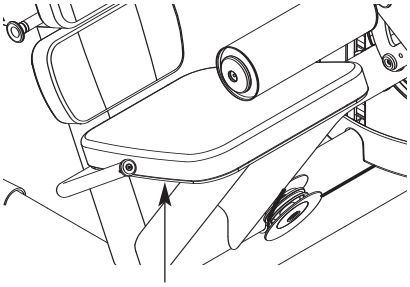
CARBON™

Leg Developer

USER'S MANUAL

Model No. VMSY80607.0
Serial No. _____

Write the serial number in the space above for future reference.



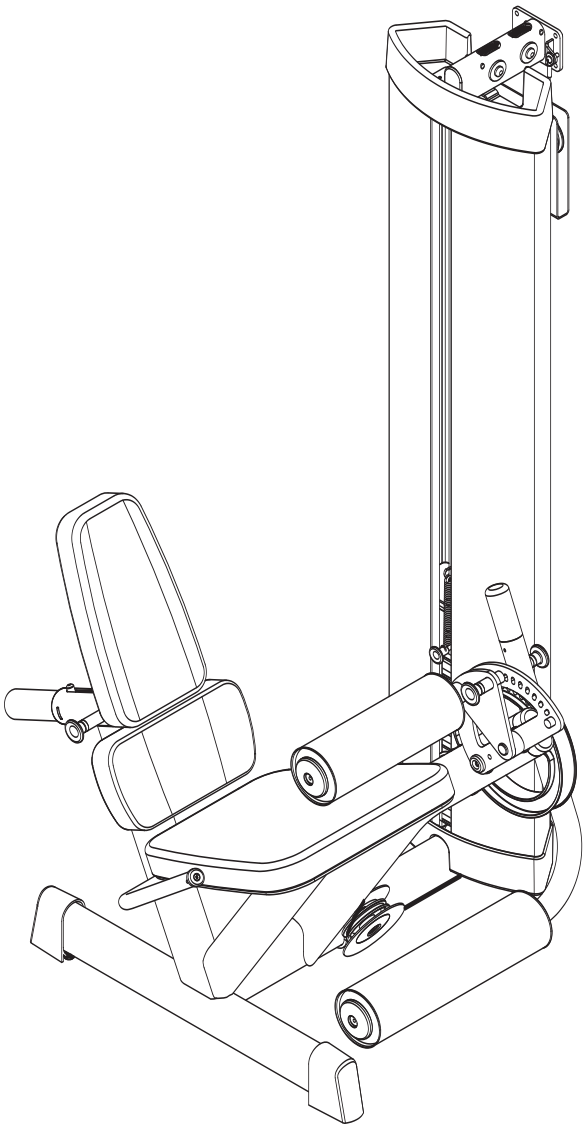
Serial Number Decal (under seat)

QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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www.freemotionfitness.com

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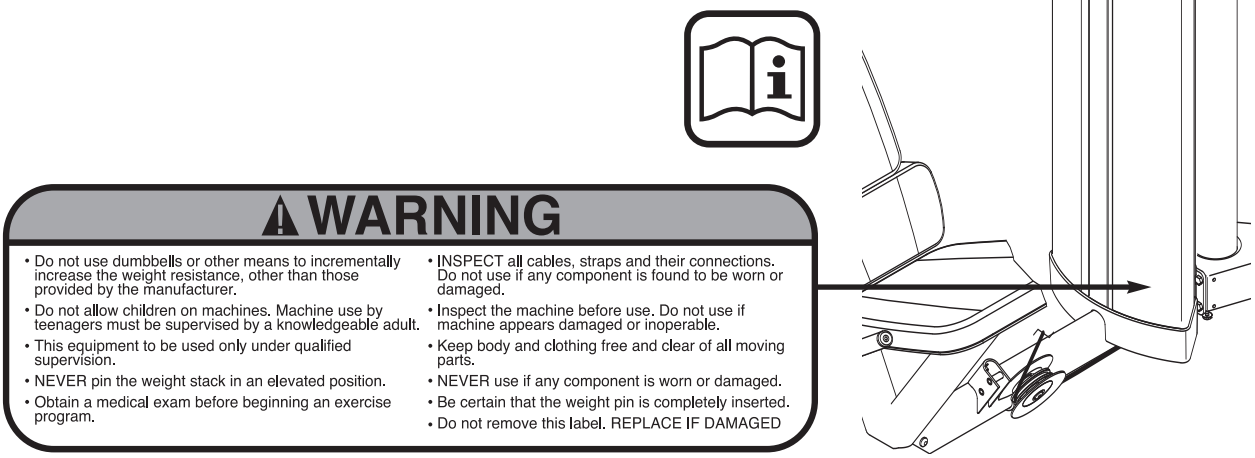
HOW TO CONTACT CUSTOMER CARE . . . . . Back Cover

WARNING DECAL PLACEMENT

The decal shown here has been placed in the indicated location. **If the decal is missing or illegible, call the telephone number on the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.


WARNING
• Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
• Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
• This equipment to be used only under qualified supervision.
• NEVER pin the weight stack in an elevated position.
• Obtain a medical exam before beginning an exercise program.
• INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
• Inspect the machine before use. Do not use if machine appears damaged or inoperable.
• Keep body and clothing free and clear of all moving parts.
• NEVER use if any component is worn or damaged.
• Be certain that the weight pin is completely inserted.
• Do not remove this label. REPLACE IF DAMAGED

FREEMOTION is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight station before using the weight station. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of the weight station.

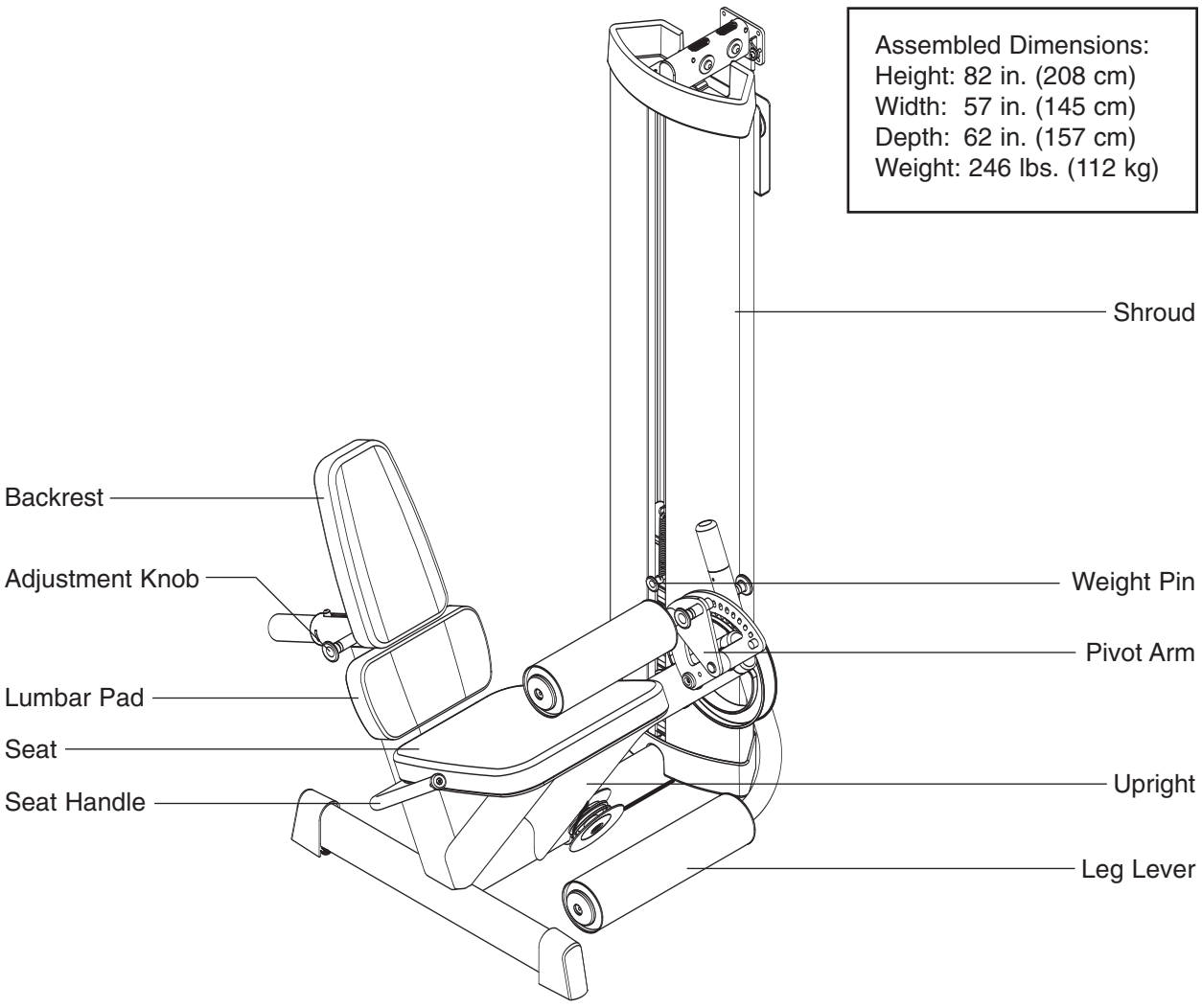
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **Use the weight station only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight station are adequately informed of all precautions.**
4. **Keep the weight station indoors, away from moisture and dust. Place the weight station on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight station to mount, dismount, and use it.**
5. **Keep hands and feet away from moving parts.**
6. **Keep children under age 12 and pets away from the weight station at all times.**
7. **The weight station is designed to support a maximum user weight of 350 lbs. (159 kg).**
8. **Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.**
9. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
10. **Make sure that the cables remain on the pulleys at all times. If a cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys.**
11. **Always make sure that the weight pin is fully inserted into the weight stack before you exercise.**
12. **If assembling the PRESS station (model no. VMSY80707.0) or the LEG PRESS station (model no. VMSY80907.0) with the LEG DEVELOPER station (model no. VMSY80607.0), make sure that the LEG DEVELOPER station is positioned on the right of the PRESS station and the LEG PRESS station to avoid interference.**
13. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the LEG DEVELOPER station for the versatile FREEMOTION® CARBON™ weight system. This station is one of a series of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results that you want.

For your benefit, read this manual carefully before you use the weight station. If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. To help us assist you, note the product number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

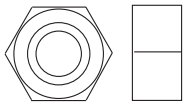
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



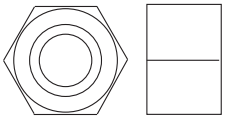
Note: The FREEMOTION CARBON weight system can include the following weight stations (sold separately): the TRAVELING PULLEY station (model no. VMSY80507.0), the LEG DEVELOPER station (model no. VMSY80607.0), the PRESS station (model no. VMSY80707.0), the WEIGHT ASSIST station (model no. VMSY80807.0), and the LEG PRESS station (model no. VMSY80907.0). To purchase additional stations, please call the telephone number on the back cover of this manual.

PART IDENTIFICATION CHART

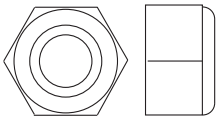
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



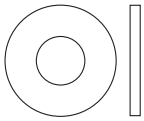
M8 Nut (46)



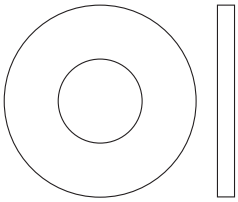
M10 x 10mm Nut (98)



M10 Nylon Locknut (38)

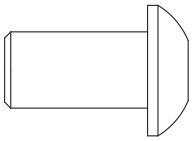


M6.5 Washer (94)

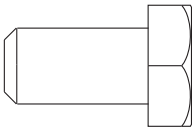


M10 Washer (37)

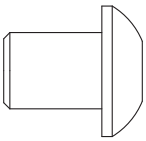
M5 x 25mm Screw (47)



M10 x 19mm Screw (83)

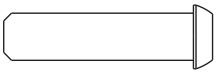


M10 x 19mm Hex Screw (40)

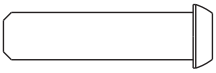


M10 x 13mm Screw (35)

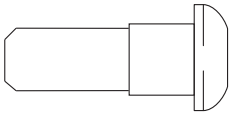
M8 x 8mm Set Screw (45)



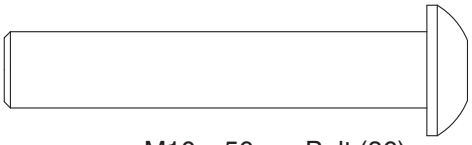
M6 x 25mm Thin Screw (84)



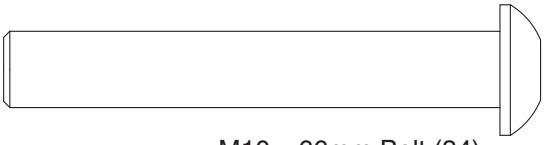
M6 x 25mm Thick Screw (74)



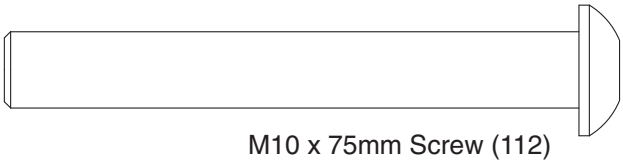
M8 x 25mm Shoulder Bolt (103)



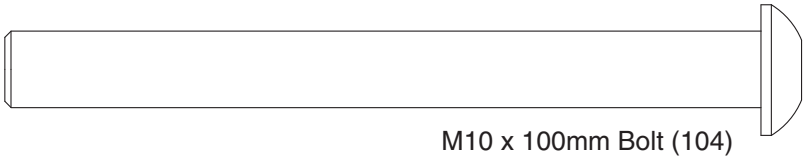
M10 x 56mm Bolt (86)



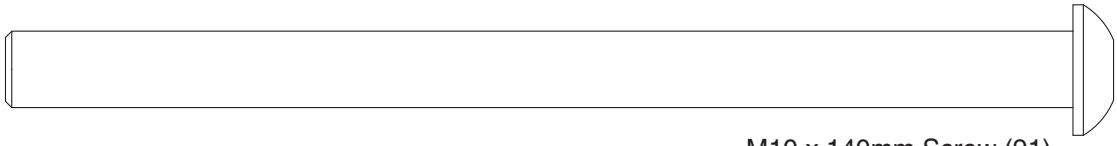
M10 x 66mm Bolt (34)



M10 x 75mm Screw (112)



M10 x 100mm Bolt (104)



M10 x 140mm Screw (91)

ASSEMBLY

Make Assembly Easier

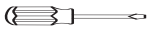
Everything in this manual is designed to ensure that the weight station can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight station should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight station as you assemble it. **If attaching additional stations to the column, leave enough clearance for those stations.**
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight station, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- The included grease and the following tools (not included) may be required for assembly:

Two adjustable wrenches

One rubber mallet

One standard screwdriver 

One Phillips screwdriver

One torque wrench (not shown)

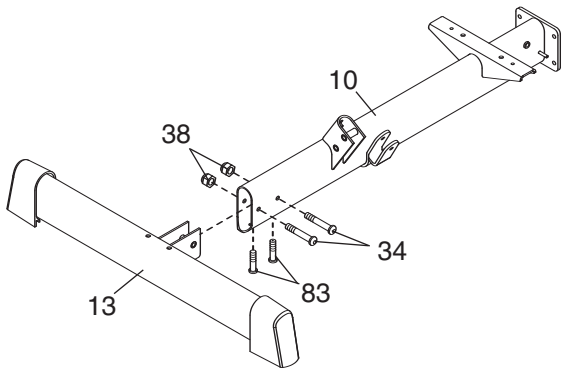
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be preassembled.**

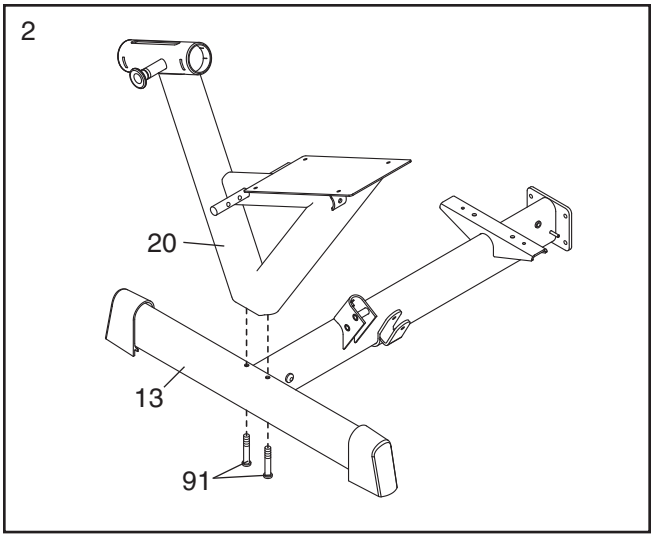
   IMPORTANT: To prevent interference, the LEG DEVELOPER must be positioned on the right of the PRESS station (model no. VMSY80707.0) and the LEG PRESS station (model no. VMSY80907.0).

   Attach the Stabilizer (13) to the Base (10) with two M10 x 19mm Screws (83), two M10 x 66mm Bolts (34), and two M10 Nylon Locknuts (38).

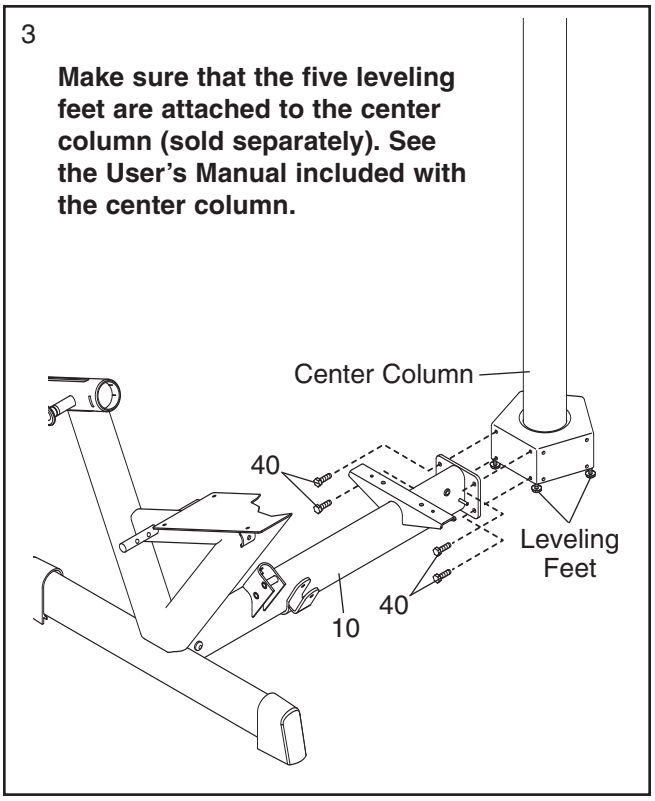
1



2. Attach the Seat Frame (20) to the Stabilizer (13) with two M10 x 140mm Screws (91).

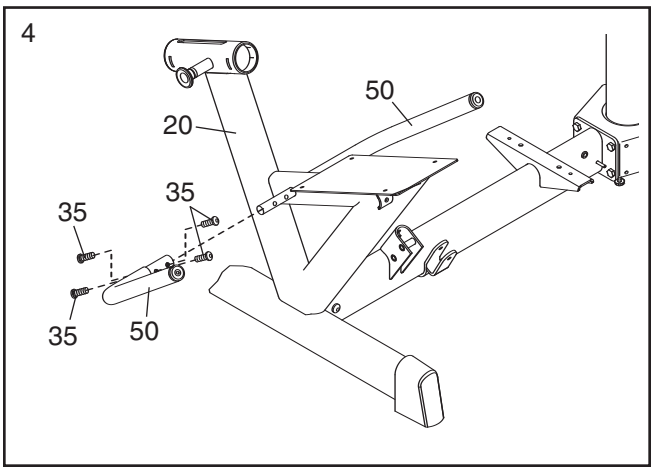


3. Attach the Base (10) to the center column with four M10 x 19mm Hex Screws (40).

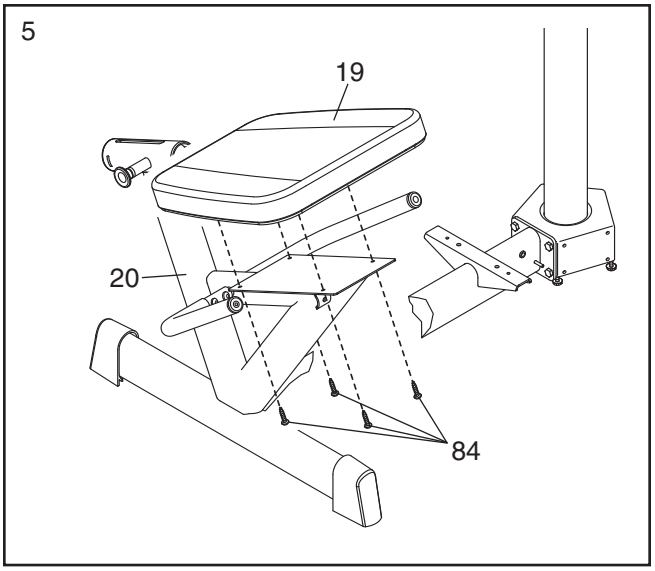

3
Make sure that the five leveling feet are attached to the center column (sold separately). See the User's Manual included with the center column.
Center Column
40
Leveling Feet
40
10

4. Attach a Seat Handle (50) to to Seat Frame (20) with four M10 x 13mm Screws (35).

Attach the other Seat Handle (50) in the same way.

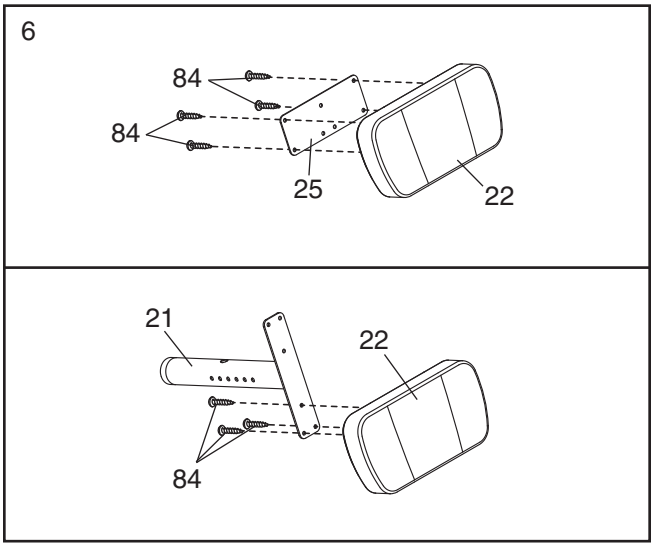


5. Attach the Seat (19) to the Seat Frame (20) with four M6 x 25mm Thin Screws (84).



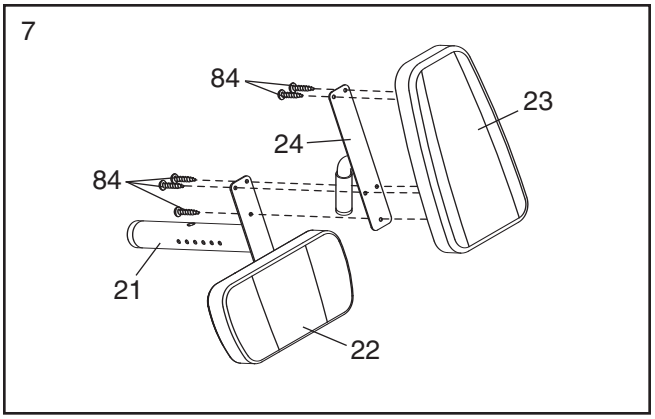
6. **See the upper drawing.** Attach the Lumbar Pad (22) to the Lumbar Plate (25) with four M6 x 25mm Thin Screws (84).

   See the lower drawing. Attach the Lumbar Pad (22) and the Lumbar Plate (not shown) to the Backrest Frame (21) with three M6 x 25mm Thin Screws (84).

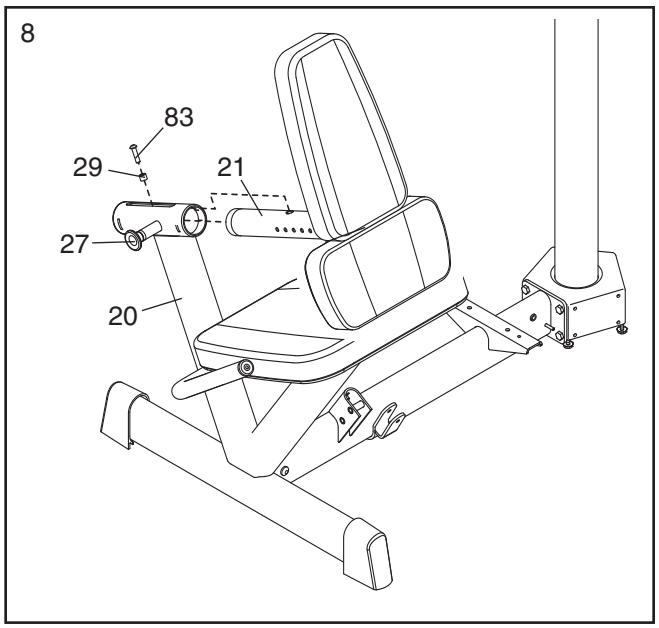


7. Attach the Backrest (23) to the Backrest Plate (24) with two M6 x 25mm Thin Screws (84).

   Then, attach the Backrest (23) and the Backrest Plate (24) to the Backrest Frame (21) with three M6 x 25mm Thin Screws (84).

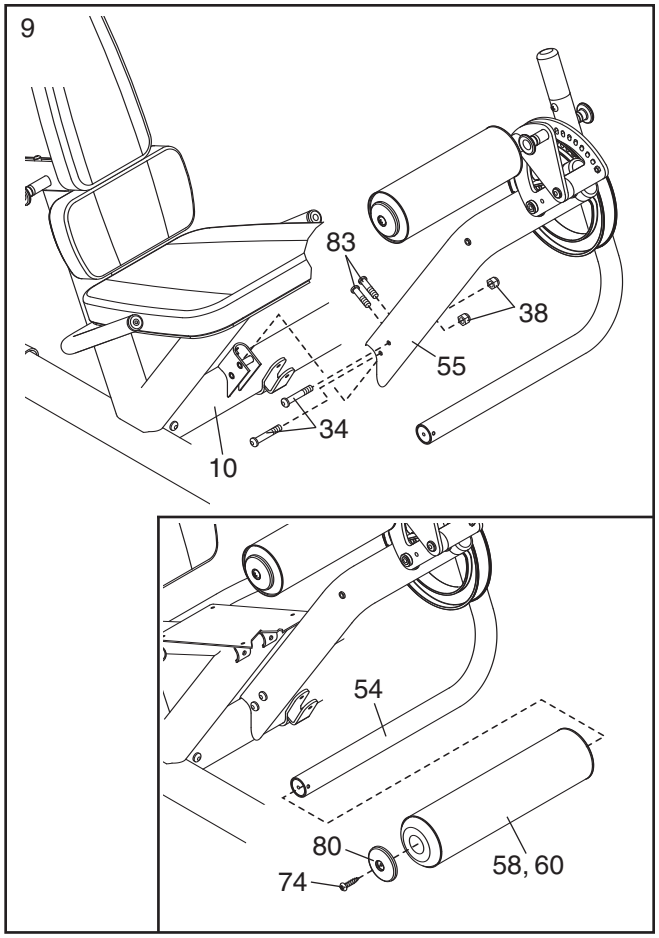


8. Pull the Small Adjustment Knob (27), and insert the Backrest Frame (21) into the Seat Frame (20). Engage the Small Adjustment Knob into the Seat Frame and one of the adjustment holes in the Backrest Frame. Next, attach a Pulley Spacer (29) to the Backrest Frame with an M10 x 19mm Screw (83).



9. Attach the Upright (55) to the Base (10) with two M10 x 19mm Screws (83), two M10 x 66mm Bolts (34), and two M10 Nylon Locknuts (38). **Do not tighten the Screws or the Nylon Locknuts yet.**

   See the inset drawing. Slide the Large Foam Pad (58) and the Large Pad Cover (60) onto the Leg Lever (54). Then, attach a Pad Cap (80) to the Leg Lever with an M6 x 25mm Thick Screw (74).

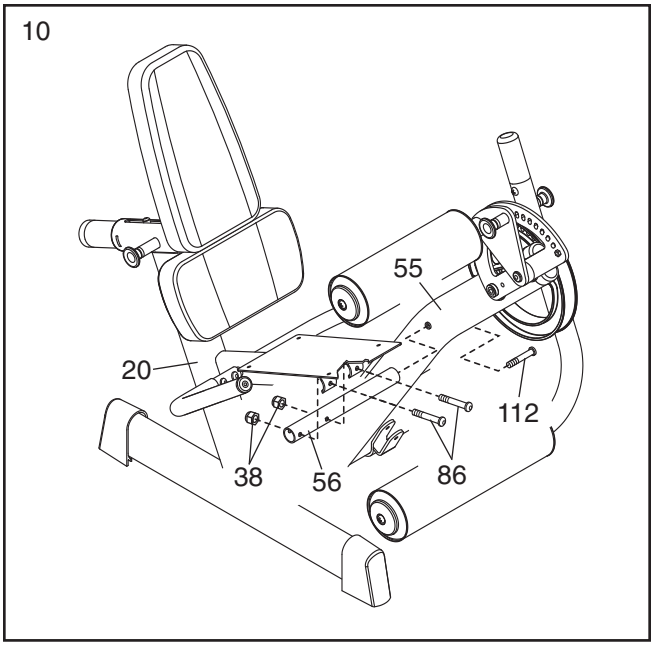


10. **Note: For clarity, the Seat is not shown in the drawing at the right.**

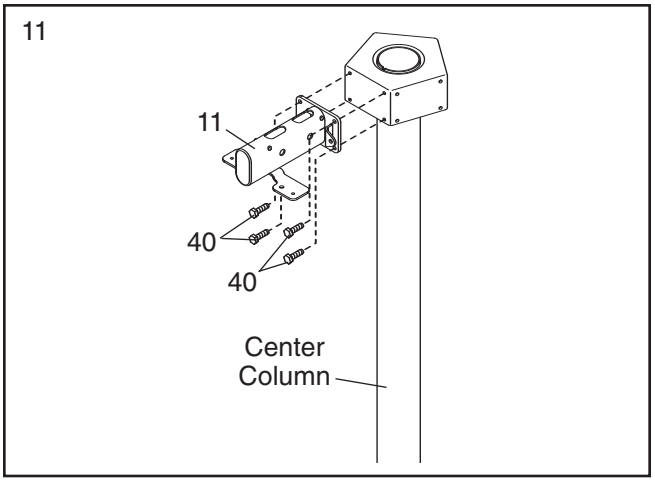
    Attach the Upright Connector (56) to the Seat Frame (20) with two M10 x 56mm Bolts (86) and two M10 Nylon Locknuts (38).

    Then, attach the Upright Connector (56) to the Upright (55) with an M10 x 75mm Screw (112).

    See step 9. Tighten the M10 x 19mm Screws (83) and the M10 Nylon Locknuts (38).

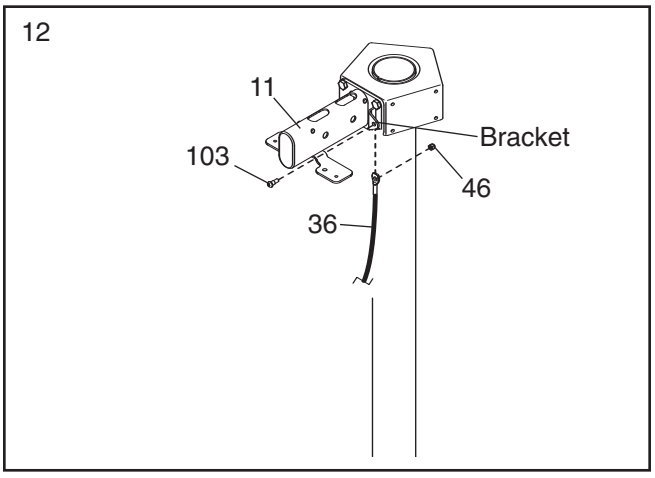


11. Attach the Top Frame (11) to the center column with four M10 x 19mm Hex Screws (40). **Do not tighten the Hex Screws yet.**

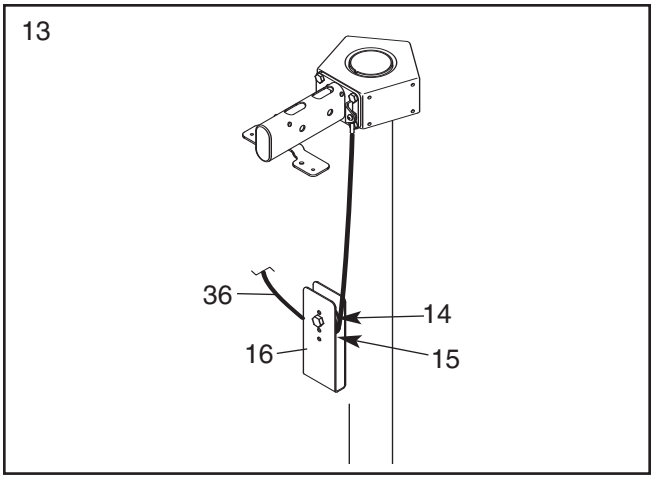


12. **See the CABLE DIAGRAM on page 20 to identify the cables as you assemble them.**

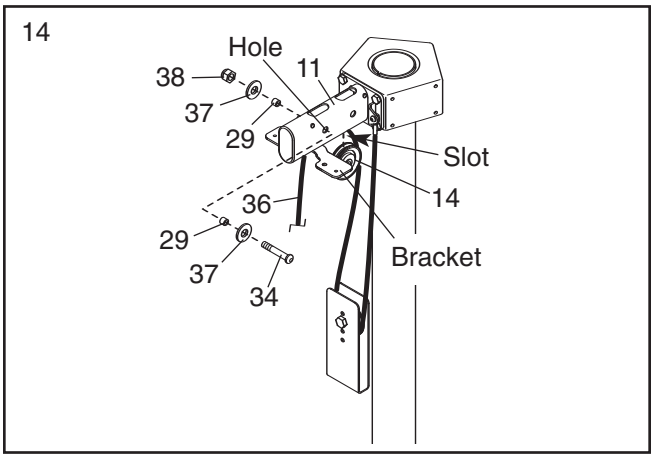
    Identify the Short Cable (36). Attach the eyelet end of the Cable **behind** the indicated bracket on the Top Frame (11) with an M8 x 25mm Shoulder Bolt (103) and an M8 Nut (46).



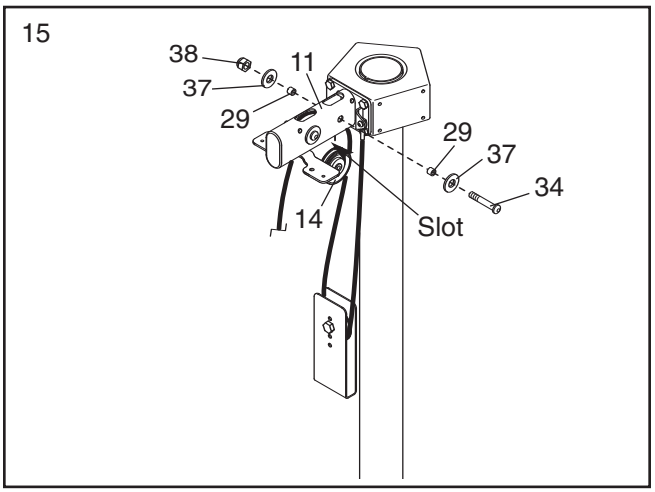
13. Route the Short Cable (36) under the Small Pulley (14) that is attached to the “U”-bracket (16). **Make sure that the Cable is between the Small Pulley and the Cable Trap (15).**



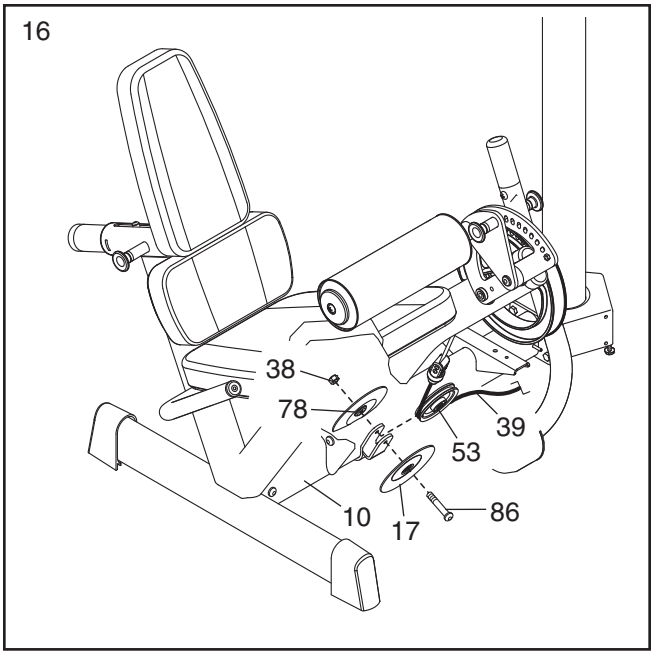
14. Route the Short Cable (36) through the Top Frame (11) and over the indicated bracket. Insert a Small Pulley (14) up into the indicated slot in the Top Frame so that the Cable is on top of the Small Pulley. Attach the Small Pulley at the indicated hole with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Nylon Locknut (38).



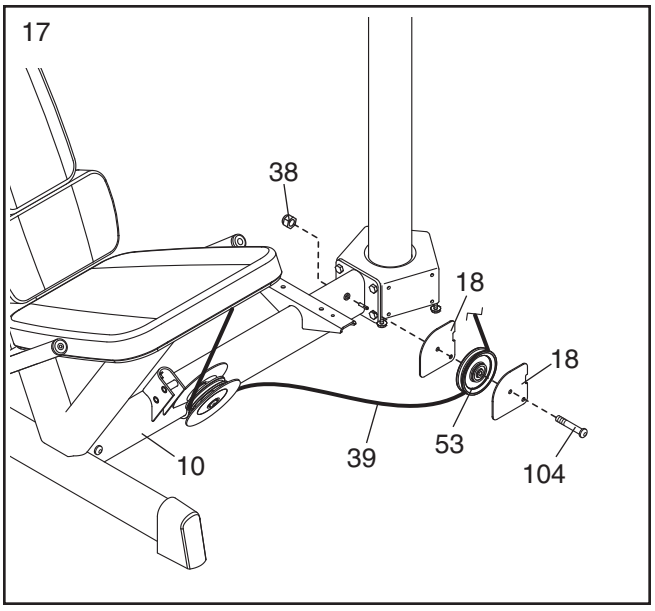
15. Insert another Small Pulley (14) up into the indicated slot in the Top Frame (11). Attach the Small Pulley with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Nylon Locknut (38).



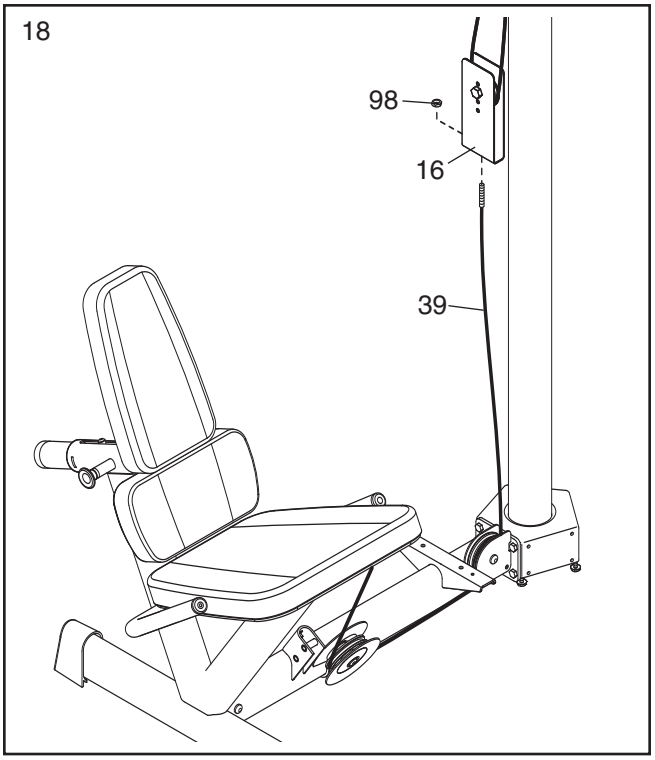
16. **Identify the Long Cable (39).** Wrap the Cable under a Large Pulley (53). Attach the Large Pulley, a Half Pulley Guard (78), and a Round Pulley Guard (17) to the Base (10) with an M10 x 56mm Bolt (86) and an M10 Nylon Locknut (38).



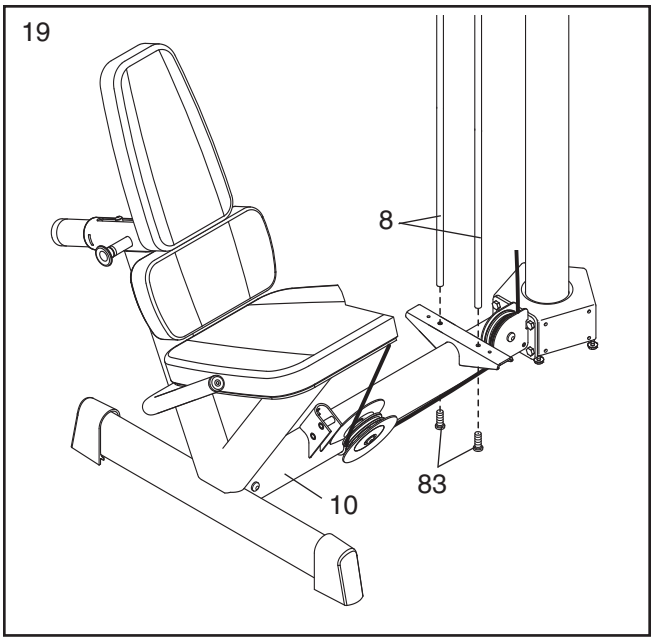
17. Wrap the Long Cable (39) under a Large Pulley (53). Attach the Large Pulley and the two Square Pulley Guards (18) to the Base (10) with an M10 x 100mm Bolt (104) and an M10 Nylon Locknut (38).



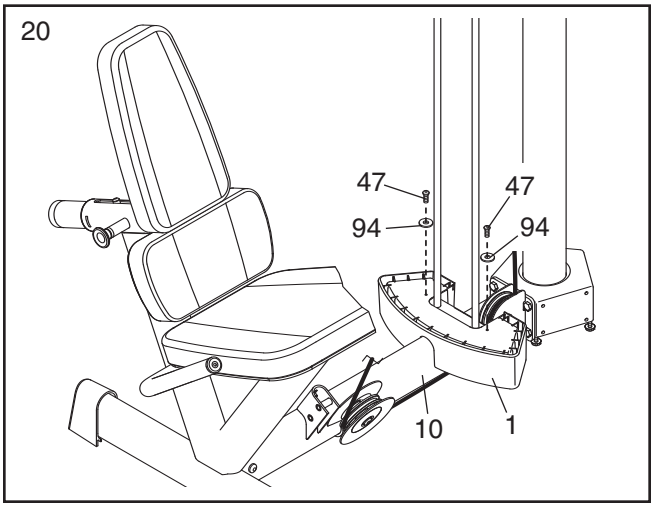
18. Attach the Long Cable (39) to the bottom of the "U"-bracket (16) with an M10 x 10mm Nut (98).



19. Attach the two Weight Guides (8) to the Base (10) with two M10 x 19mm Screws (83). **Do not tighten the Screws yet.**

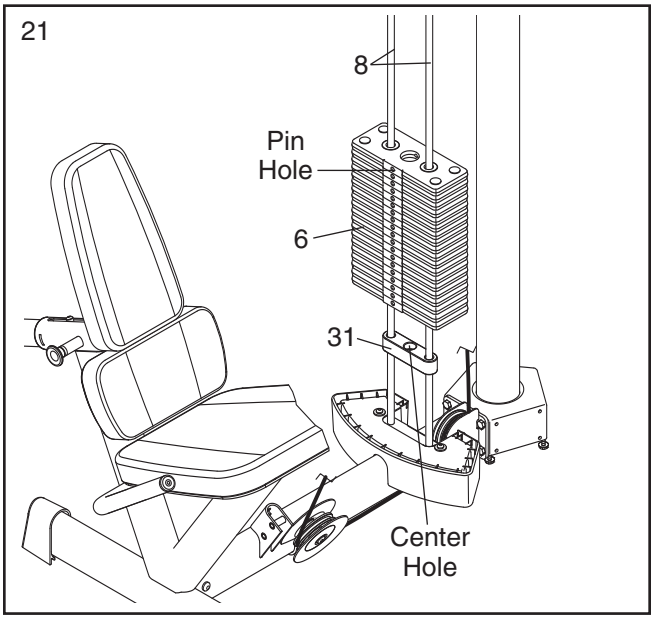


20. Attach the Shroud Base (1) to the Base (10) with two M5 x 25mm Screws (47) and two M6.5 Washers (94).

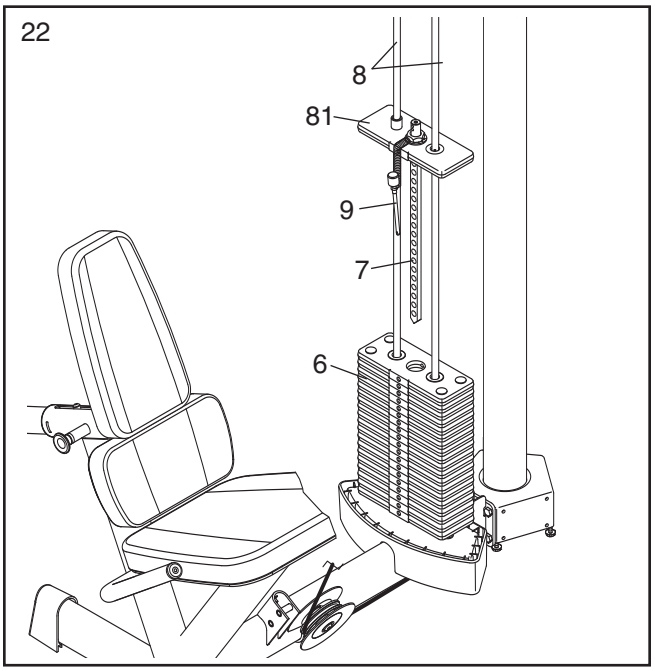


21. Orient the Weight Bumper (31) as shown, and slide it onto the Weight Guides (8).

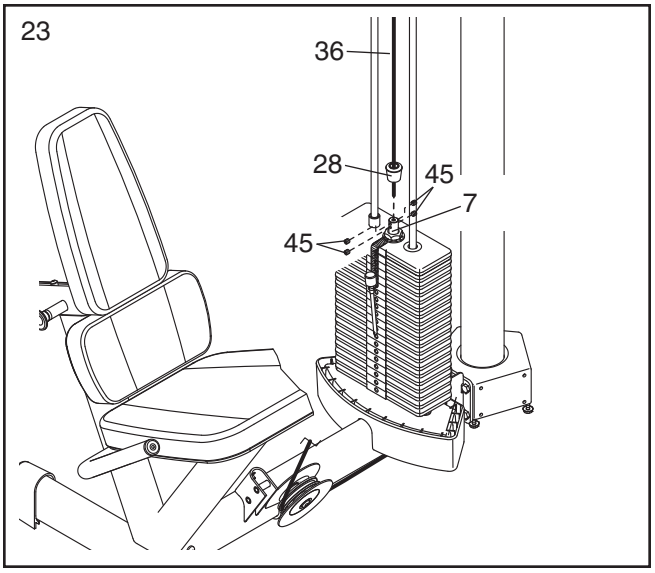
    Orient the nineteen Weights (6) so that the pin holes are positioned as shown. Slide the Weights onto the Weight Guides (8).



22. Orient the Top Weight (81) as shown. Slide the Top Weight onto the Weight Guides (8). Insert the Weight Pin (9) into the Weights (6) and the Weight Tube (7).



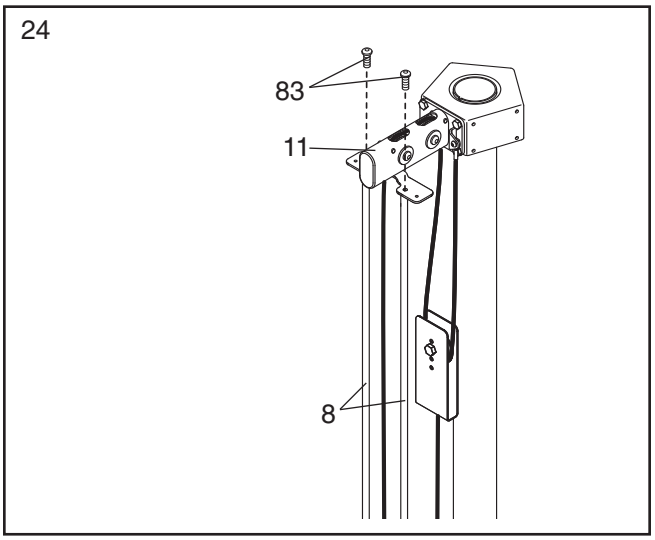
23. Slide the Weight Tube Cover (28) onto the Short Cable (36). Then, insert the Cable into the Weight Tube (7) until all four M8 x 8mm Set Screws (45) can be tightened against the Cable. Tighten each Set Screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).



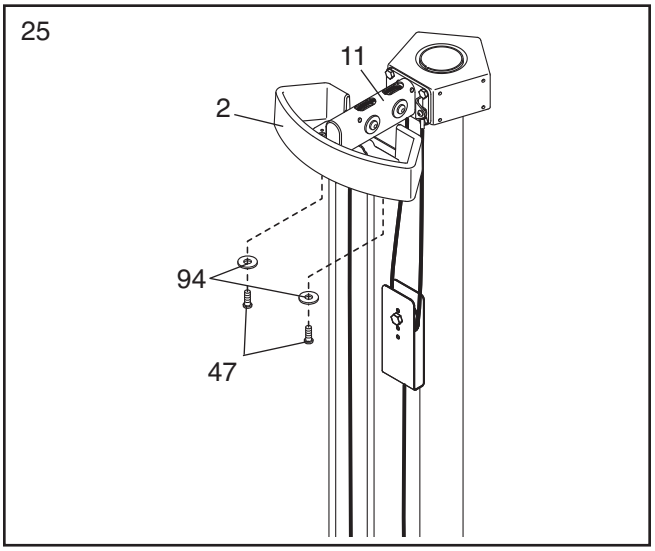
24. Attach the Weight Guides (8) to the Top Frame (11) with two M10 x 19mm Screws (83).

    See step 11. Tighten the M10 x 19mm Hex Screws (40).

    See step 19. Tighten the M10 x 19mm Screws (83).



25. Attach the Shroud Top (2) to the Top Frame (11) with two M5 x 25mm Screws (47) and two M6.5 Washers (94).

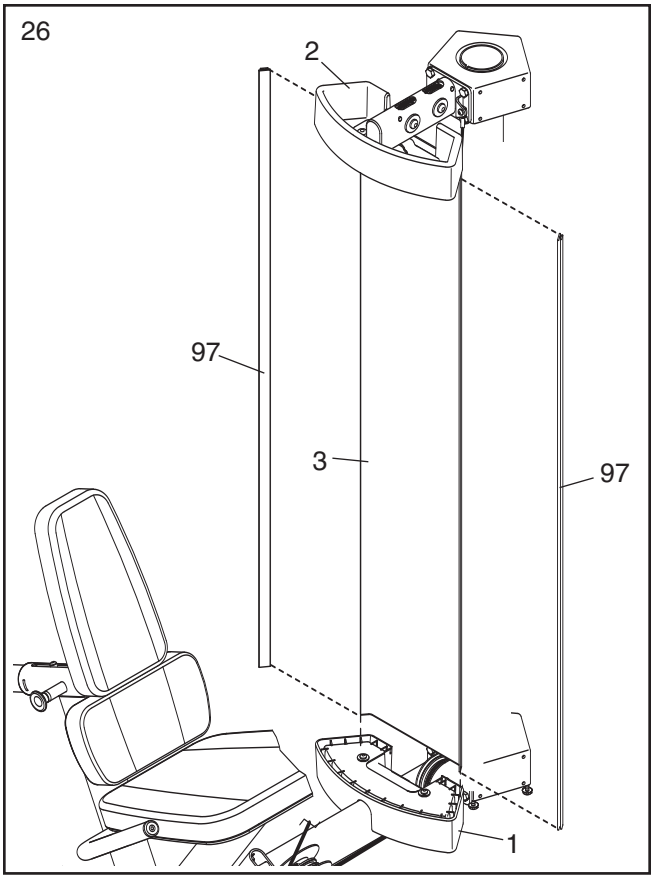


26. **Note: If attaching all the stations to the center column, it is not necessary to attach the Rear Shroud (3) and the Shroud Joints (97).**

For clarity, the weight stack is not shown in steps 26 and 27.

Lift the Rear Shroud (3) up into the back of the Shroud Top (2). Then, slide the Rear Shroud downward into the Shroud Base (1).

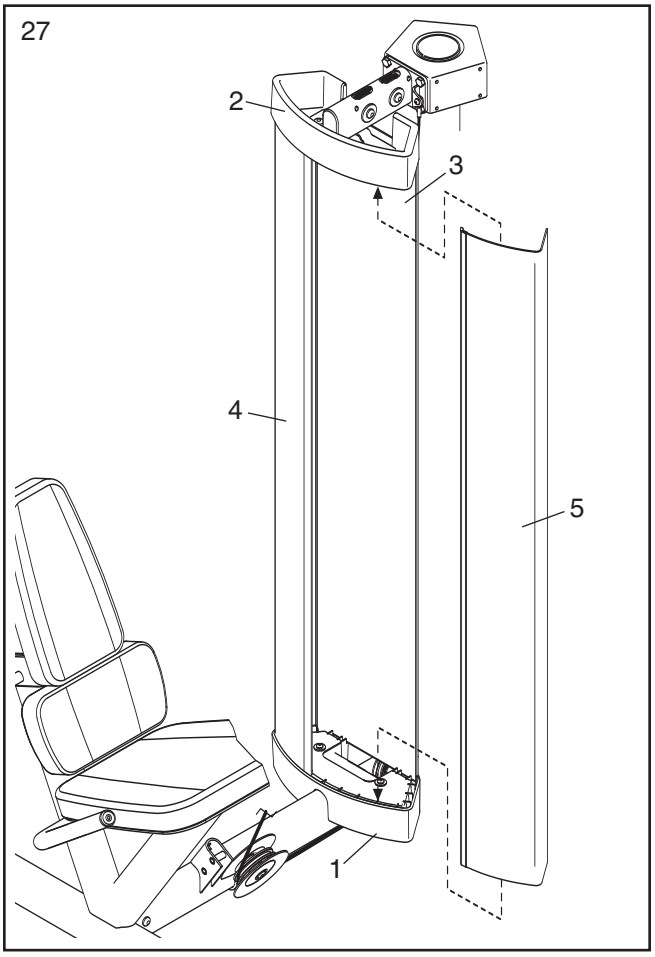
Press the Shroud Joints (97) onto both sides of the Rear Shroud (3). Have a second person hold the Shroud Joints until step 27 is completed.



27. Lift the Left Shroud (4) up into the front of the Shroud Top (2). Then, slide the Left Shroud downward into the Shroud Base (1).

Next, slide the Right Shroud (5) into the Shroud Base (1) in the same way.

Attach the Rear Shroud (3) to the Right Shroud (5) and the Left Shroud (4) with the two Shroud Joints (not shown).



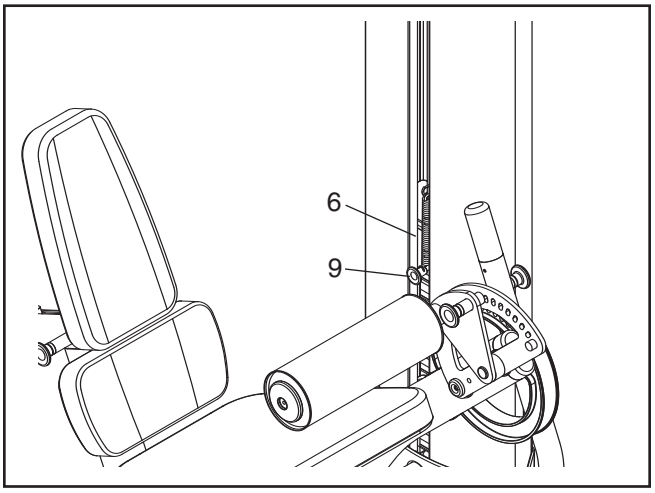
28. **Make sure that all parts are properly tightened before you use the weight station.** The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17.

ADJUSTMENT

This section explains how to adjust the weight station. See the EXERCISE GUIDELINES on page 21 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

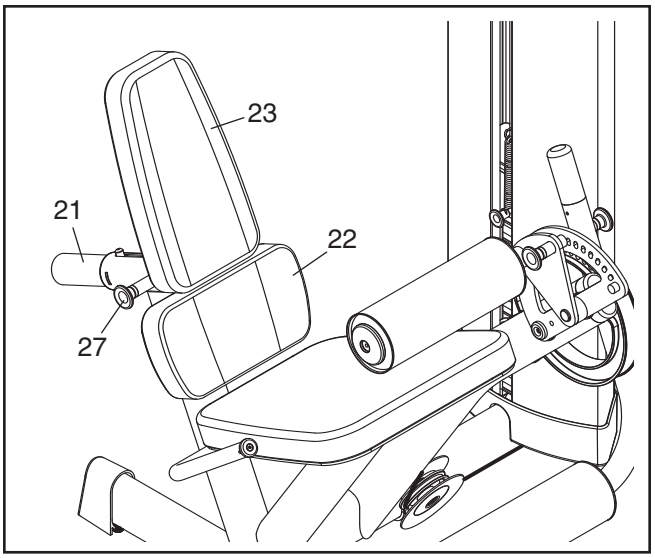
CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (9) into the hole in the desired Weight (6). **Make sure that the Weight Pin is in the Weight Tube (not shown).**



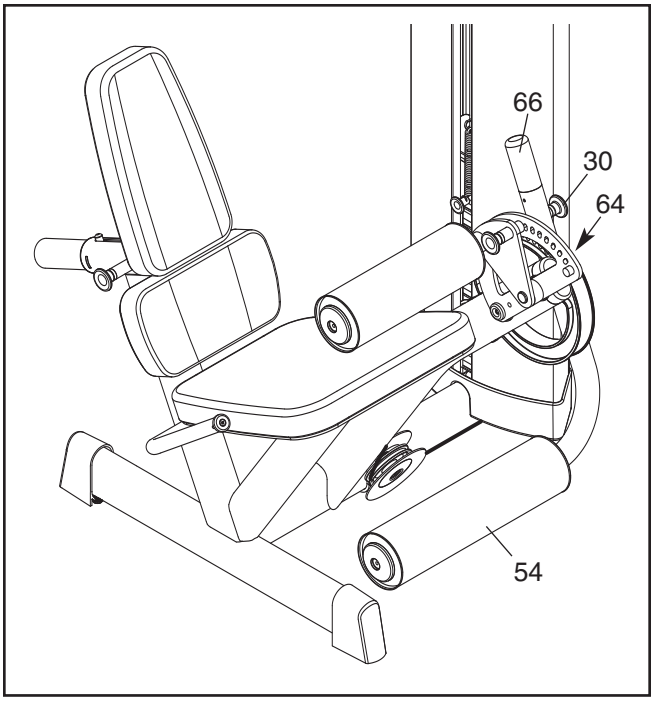
ADJUSTING THE BACKREST

To adjust the position of the Lumbar Pad (22) and the Backrest (23), pull the Small Adjustment Knob (27), slide the Backrest Frame (21) to the desired position, and then release the Small Adjustment Knob. **Make sure that the Small Adjustment Knob is engaged in one of the adjustment holes in the Backrest Frame.**



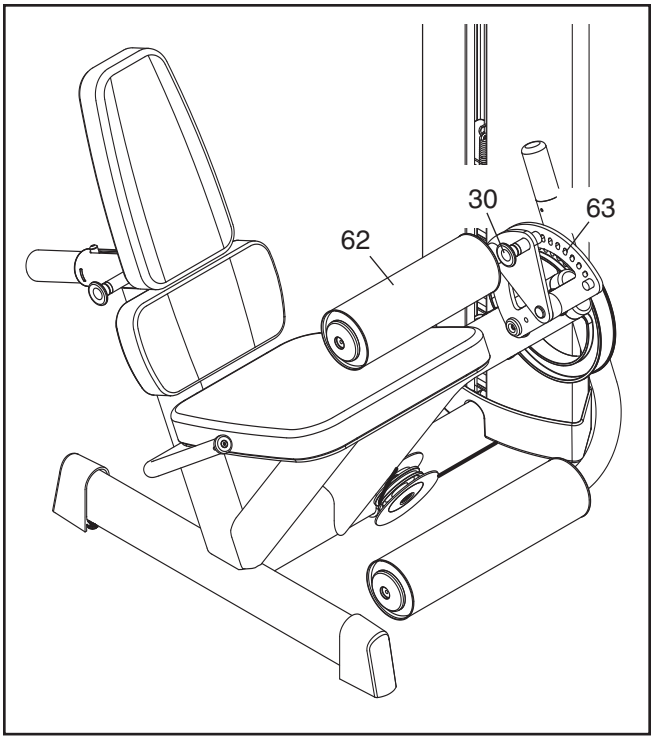
ADJUSTING THE LEG LEVER

To adjust the position of the Leg Lever (54), pull the indicated Large Adjustment Knob (30), hold the Handle (66), rotate the Leg Lever to the desired position, and then release the Large Adjustment Knob. **Make sure that the Large Adjustment Knob is engaged in one of the adjustment holes in the Cam (64).**



ADJUSTING THE PIVOT ARM

To adjust the position of the Pivot Arm (62), pull the indicated Large Adjustment Knob (30), rotate the Pivot Arm to the desired position, and then release the Large Adjustment Knob. **Make sure that the Large Adjustment Knob is engaged in one of the adjustment holes in the Pivot Bracket (63).**



MAINTENANCE

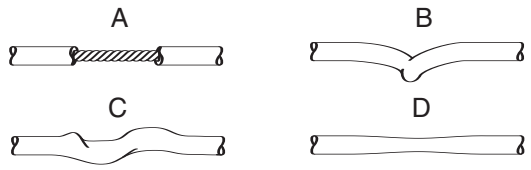
Make sure that all parts are properly tightened each time the weight station is used. Replace any worn parts immediately. Clean the weight station with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight station**.

WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON® or silicone-based lubricants.**

CABLE INSPECTION

Check the entire length of each cable by slowly performing one repetition on the exercise equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the conditions shown on the right, which may indicate a worn cable in need of replacement.



A. torn or split cable sheath
B. kinked or severely bent cable
C. curled or twisted sheath
D. stretched or thinning cable sheath

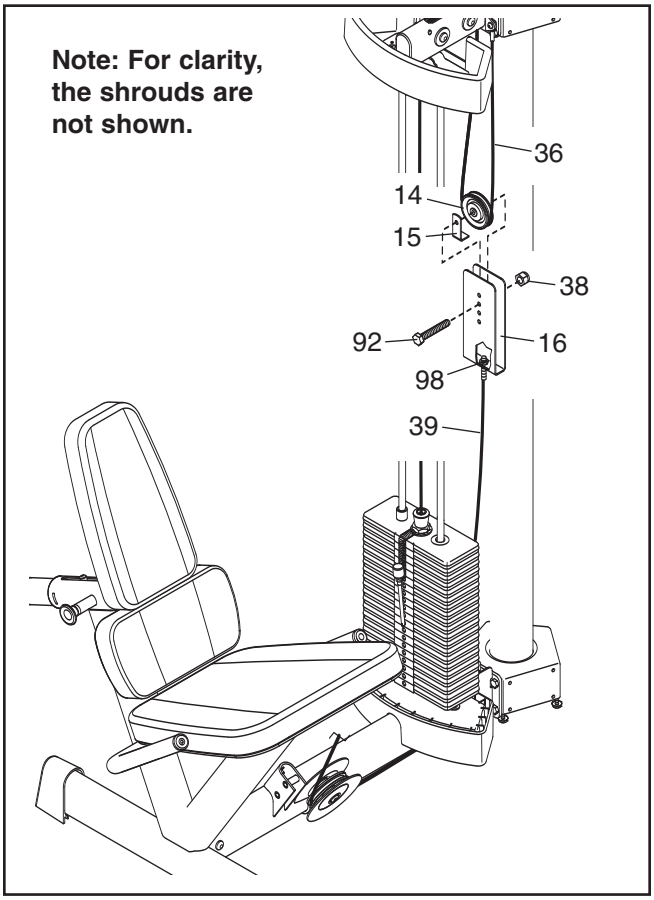
CABLE ADJUSTMENT

Woven cable, the type of cable used on the weight station, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Remove the M10 Nylon Locknut (38) and the M10 x 53mm Bolt (92) from the "U"-bracket (16), the Cable Trap (15), and the Small Pulley (14). Reattach the Small Pulley and the Cable Trap to a lower hole in the "U"-bracket. **Make sure that the Cable Trap is in the proper position and that the Short Cable (36) and the Small Pulley move smoothly.**

To further tighten the cables, tighten the M10 x 10mm Nut (98) that connects the end of the Long Cable (39) to the "U"-bracket (16).

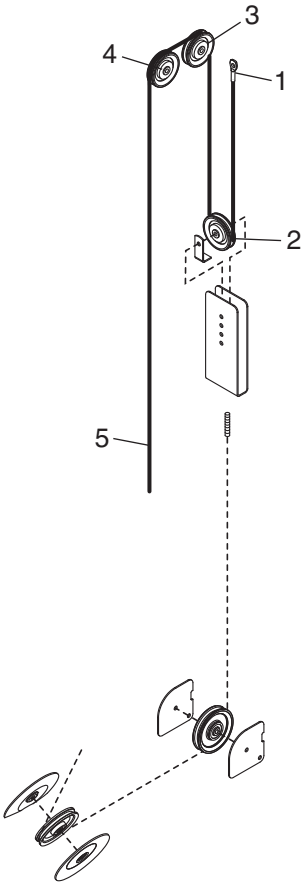
Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.



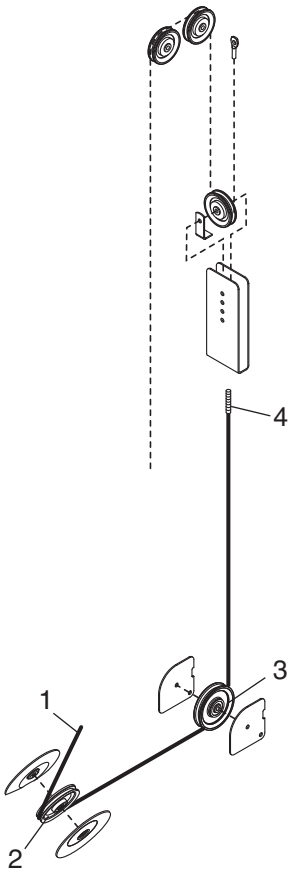
CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables and cable traps are assembled correctly. If the cables and cable traps are not assembled correctly, the weight station will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**

Short Cable (36)
Length: 6 ft. 8 in. (202 cm)



Long Cable (39)
Length: 7 ft. 9 in. (235 m)



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

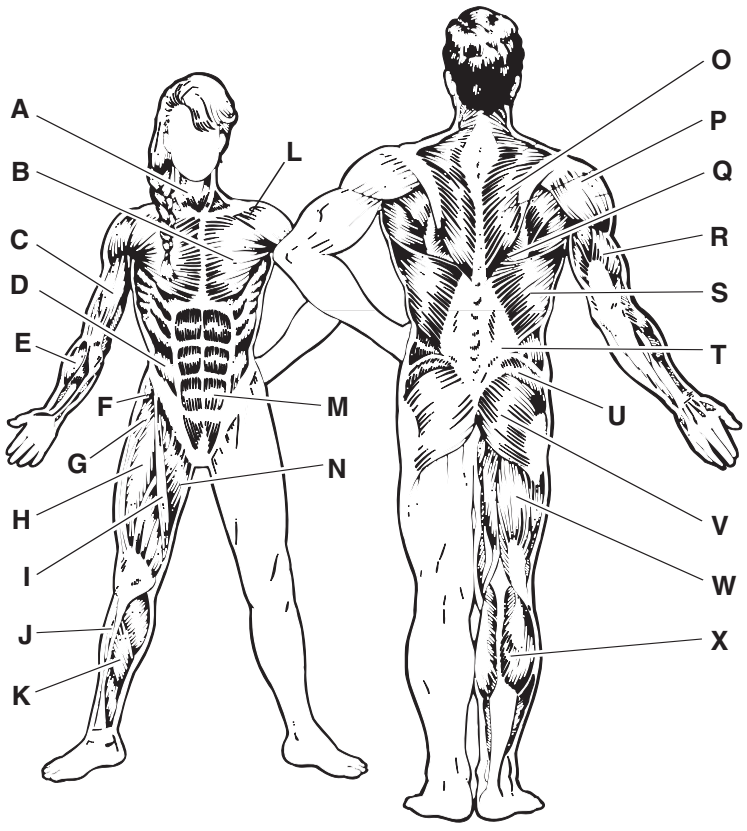
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

WARRANTY PERIODS AND COVERAGE

Residential and Light Commercial
Frame: Lifetime
Parts: 10 years
Cables/Belts: 1 year
Upholstery and Accessories: 90 days
Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The 1-year labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users in excess of 350 lbs. (159 kg) in weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spas and pools.

This warranty shall not apply to the following:
1. Cosmetic items including grips, decals, and labels.
2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased your equipment. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, cost of removal, installation or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights and you may have other rights that vary from state to state.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

PART LIST—Model No. VMSY80607.0

R0807A

If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

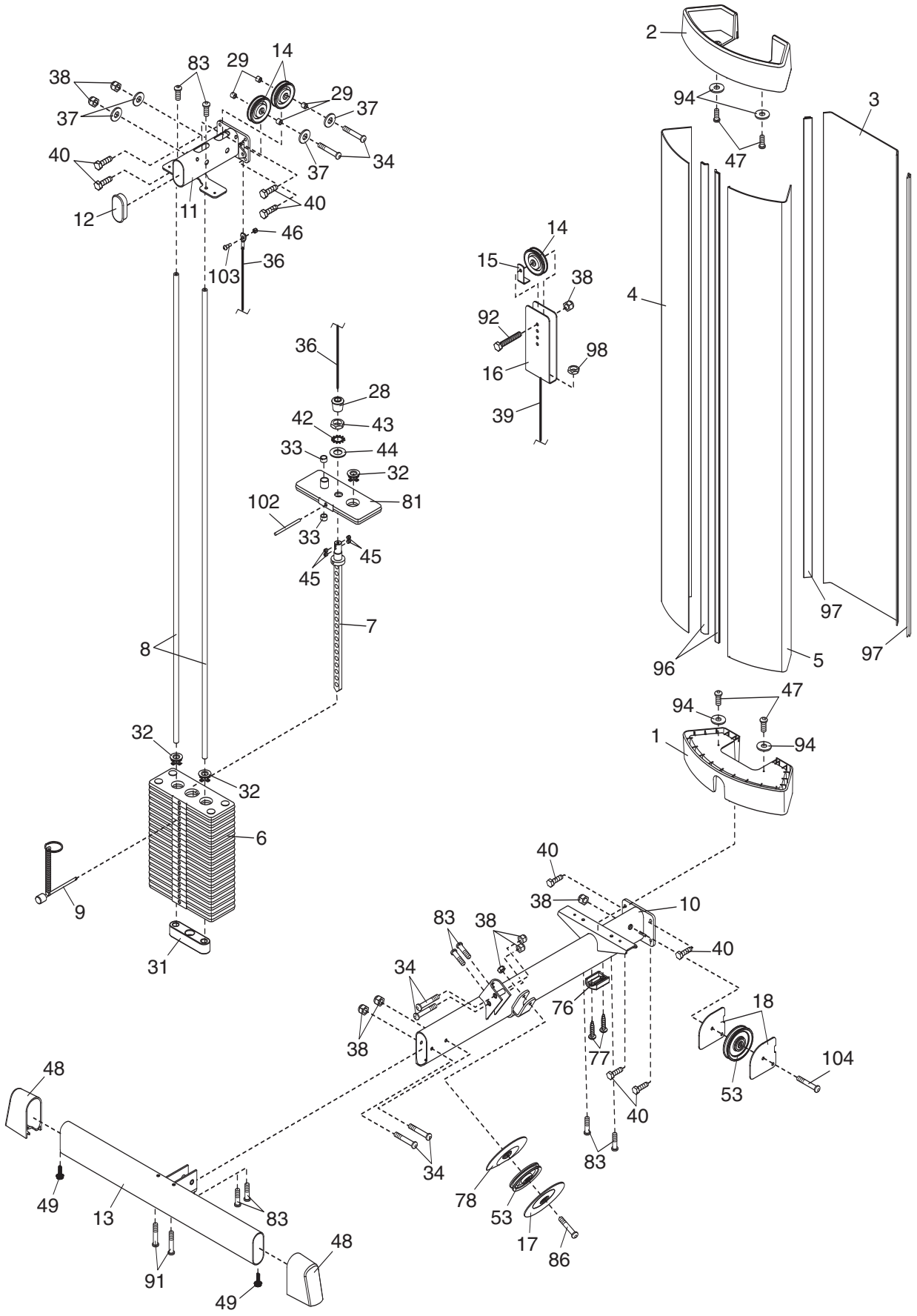
Key No.	Qty.	Description
1	1	Shroud Base
2	1	Shroud Top
3	1	Rear Shroud
4	1	Left Shroud
5	1	Right Shroud
6	19	Weight
7	1	Weight Tube
8	2	Weight Guide
9	1	Weight Pin
10	1	Base
11	1	Top Frame
12	1	Top Frame Cap
13	1	Stabilizer
14	3	Small Pulley
15	1	Cable Trap
16	1	“U”-bracket
17	1	Round Pulley Guard
18	2	Square Pulley Guard
19	1	Seat
20	1	Seat Frame
21	1	Backrest Frame
22	1	Lumbar Pad
23	1	Backrest
24	1	Backrest Plate
25	1	Lumbar Plate
26	2	Backrest Bushing
27	2	Small Adjustment Knob
28	1	Weight Tube Cover
29	5	Pulley Spacer
30	1	Large Adjustment Knob
31	1	Weight Bumper
32	39	Weight Bushing
33	2	Top Weight Spacer
34	6	M10 x 66mm Bolt
35	8	M10 x 13mm Screw
36	1	Short Cable
37	4	M10 Washer
38	11	M10 Nylon Locknut
39	1	Long Cable
40	8	M10 x 19mm Hex Screw
41	1	Handle Grip
42	1	Star Washer
43	1	M25 Nut
44	1	Large M25 Washer
45	4	M8 x 8mm Set Screw
46	1	M8 Nut
47	4	M5 x 25mm Screw
48	2	Stabilizer Cap
49	2	Leveling Foot
50	2	Seat Handle
51	2	Seat Handle Grip
52	3	Handle Cap
53	2	Large Pulley
54	1	Leg Lever
55	1	Upright
56	1	Upright Connector
57	1	Upright Cap
58	1	Large Foam Pad
59	1	Small Foam Pad
60	1	Large Pad Cover
61	1	Small Pad Cover
62	1	Pivot Arm
63	1	Pivot Bracket
64	1	Cam
65	1	Cable Belt
66	1	Leg Lever Handle
67	1	Leg Lever Spacer
68	6	Large Bearing
69	1	M25 Washer
70	1	Wedge
71	1	Wedge Plate
72	1	Cam Pin
73	4	Small Bearing
74	4	M6 x 25mm Thick Screw
75	1	Bearing Plate
76	1	Base Foot
77	2	M4 x 13mm Screw
78	1	Half Pulley Guard
79	1	Pivot Bracket Spacer
80	2	Pad Cap
81	1	Top Weight
82	1	Large Washer
83	12	M10 x 19mm Screw
84	16	M6 x 25mm Thin Screw
85	3	M6 x 25mm Flat Head Screw
86	3	M10 x 56mm Bolt
87	1	M8 x 19mm Bolt
88	1	M8 Nylon Locknut
89	1	Coupler
90	2	M6 x 13mm Screw
91	2	M10 x 140mm Screw
92	1	M10 x 53mm Bolt
93	2	Wheel
94	6	M6.5 Washer
95	1	M8 x 13mm Stop
96	2	Shroud Edging
97	2	Shroud Joint
98	1	M10 x 10mm Nut
99	2	M6 x 40mm Screw
100	2	M6.35 x 10mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M6 Nut	111	1	M10 x 45mm Bolt
102	1	Top Weight Pin	112	1	M10 x 75mm Screw
103	1	M8 x 25mm Shoulder Bolt	113	1	M10 x 13mm Screw
104	1	M10 x 100mm Bolt	114	2	Bushing
105	1	Backrest Frame Cap	115	1	Leg Lever Cap
106	4	M6 x 10mm Screw	116	2	Belt Clamp
107	2	M5 x 15mm Screw	*	–	User's Manual
108	3	M10 x 8mm Nut	*	–	Exercise Guide
109	1	Small Bearing	*	–	Hex Key
110	1	Retainer Clip	*	–	Grease Packet

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

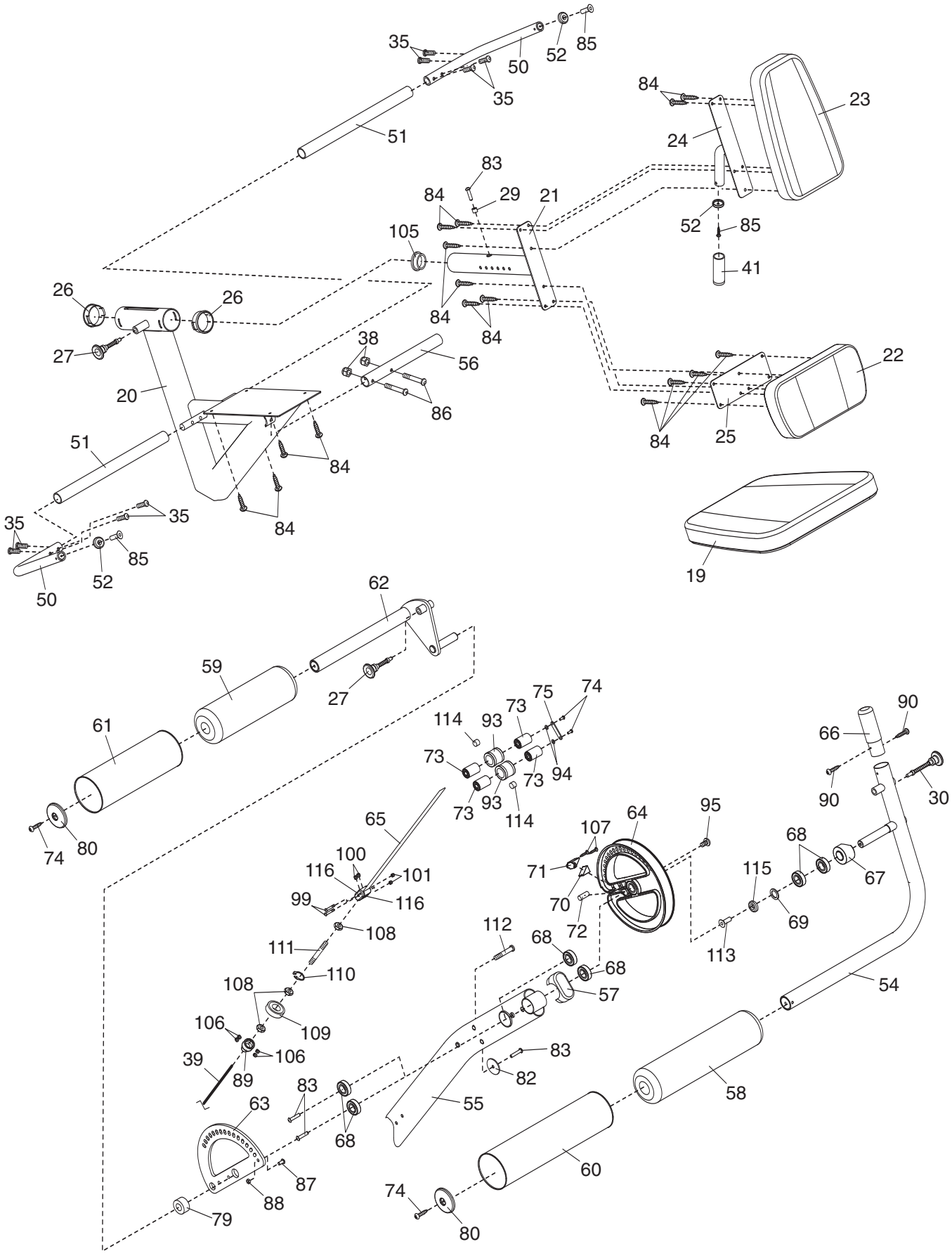
EXPLODED DRAWING A—Model No. VMSY80607.0

R0807A



EXPLODED DRAWING B—Model No. VMSY80607.0

R0807A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the address or phone number listed below. Please be prepared to provide the following information:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

Call
Toll-free in the US: 1-866-799-8946, Mon.–Fri. 8 am–5 pm MST
International: +1-719-533-2911

Email
US: fmfvmcustomerservice@freemotionfitness.com
International: intlcustomercare@freemotionfitness.com

Write
FreeMotion Fitness
1096 Elkton Drive Suite 600
Colorado Springs, CO 80907

Part No. 252592 R0807A
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FREEMOTION®

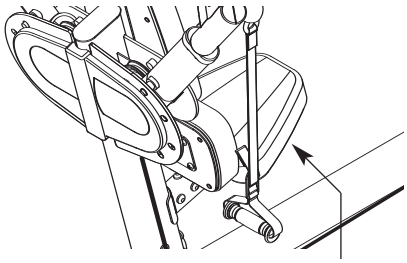
CARBON™

Press Station

USER'S MANUAL

Model No. VMSY80707.0
Serial No. _____

Write the serial number in the space above for future reference.



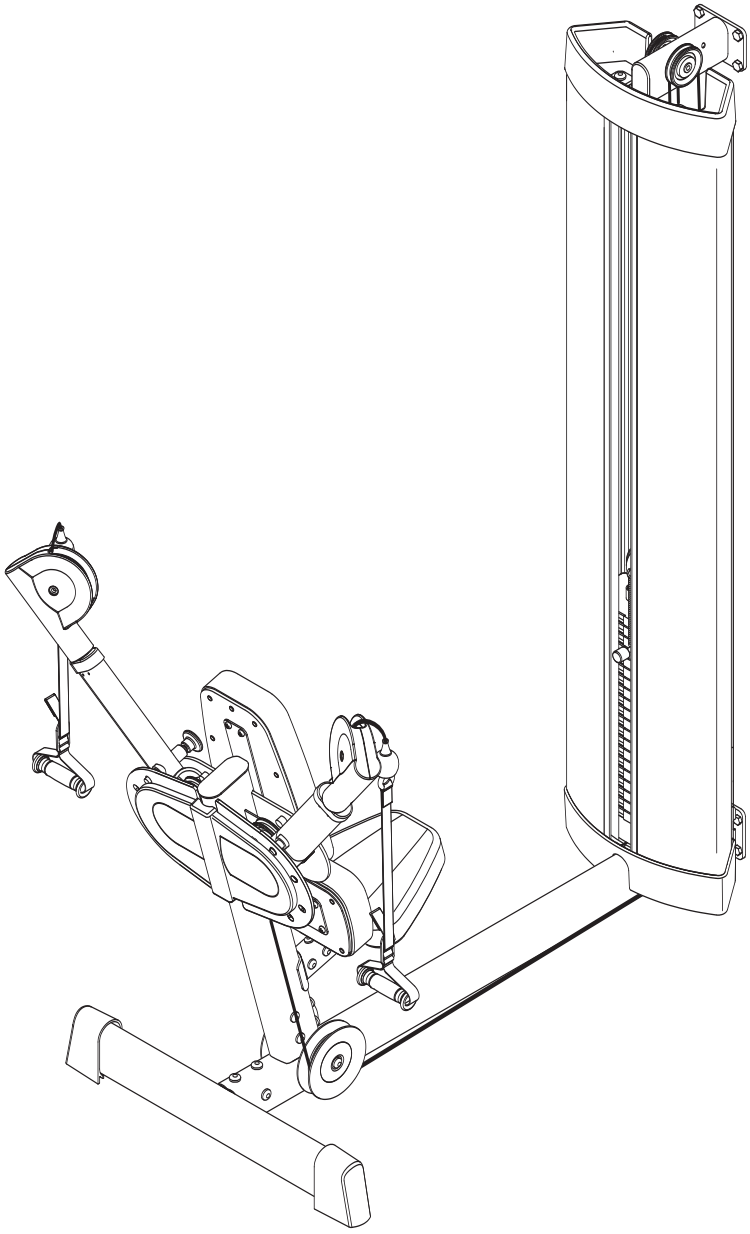
Serial Number Decal (under seat)

QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.freemotionfitness.com

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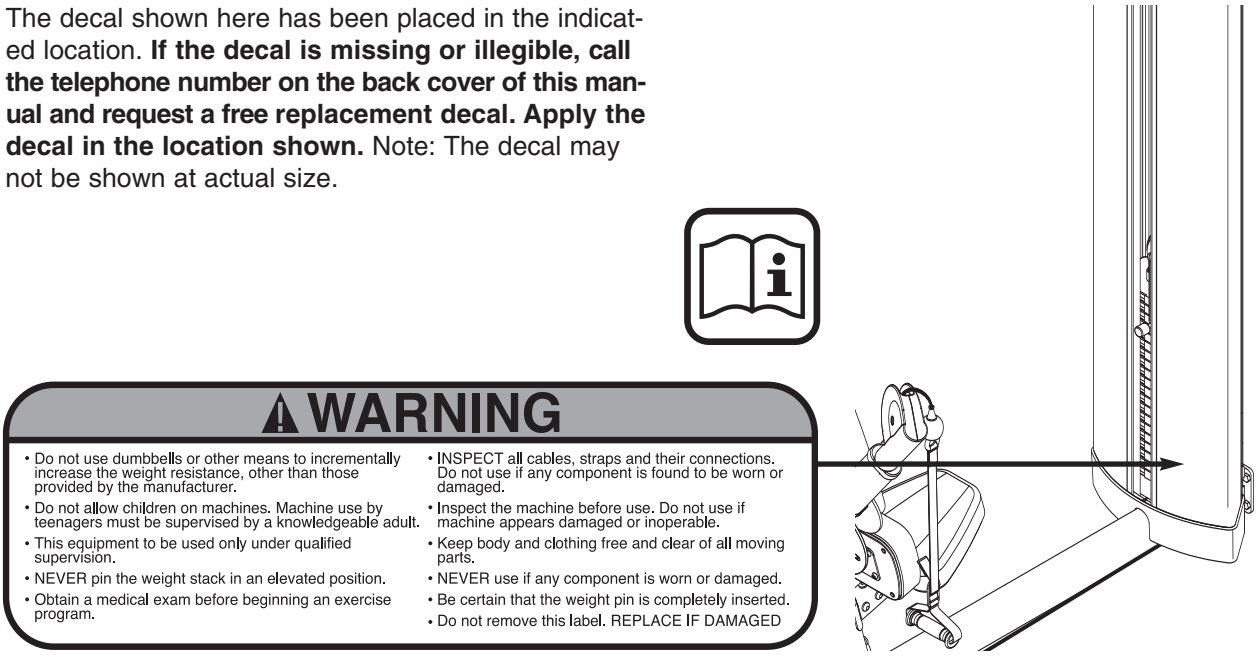
HOW TO CONTACT CUSTOMER CARE . . . . . Back Cover

WARNING DECAL PLACEMENT

The decal shown here has been placed in the indicated location. **If the decal is missing or illegible, call the telephone number on the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.


WARNING
• Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
• Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
• This equipment to be used only under qualified supervision.
• NEVER pin the weight stack in an elevated position.
• Obtain a medical exam before beginning an exercise program.
• INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
• Inspect the machine before use. Do not use if machine appears damaged or inoperable.
• Keep body and clothing free and clear of all moving parts.
• NEVER use if any component is worn or damaged.
• Be certain that the weight pin is completely inserted.
• Do not remove this label. REPLACE IF DAMAGED

FREEMOTION is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight station before using the weight station. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of the weight station.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **Use the weight station only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight station are adequately informed of all precautions.**
4. **Keep the weight station indoors, away from moisture and dust. Place the weight station on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight station to mount, dismount, and use it.**
5. **Keep hands and feet away from moving parts.**
6. **Keep children under age 12 and pets away from the weight station at all times.**
7. **The weight station is designed to support a maximum user weight of 350 lbs. (159 kg).**
8. **Wear appropriate athletic clothes while exercising. Always wear athletic shoes for foot protection while exercising.**
9. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
10. **Make sure that the cable remains on the pulleys at all times. If the cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys.**
11. **Always make sure that the weight pin is fully inserted into the weight stack before you exercise.**
12. **If assembling the Press station or the Leg Press station (model no. VMSY80907.0) with the Leg Developer (model no. VMSY80607.0), make sure that the Leg Developer is positioned on the right of the Press station and the Leg Press station to avoid interference.**
13. **If assembling the Leg Press station (model no. VMSY80907.0) with the Press station, make sure that these two stations are not positioned next to each other.**
14. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

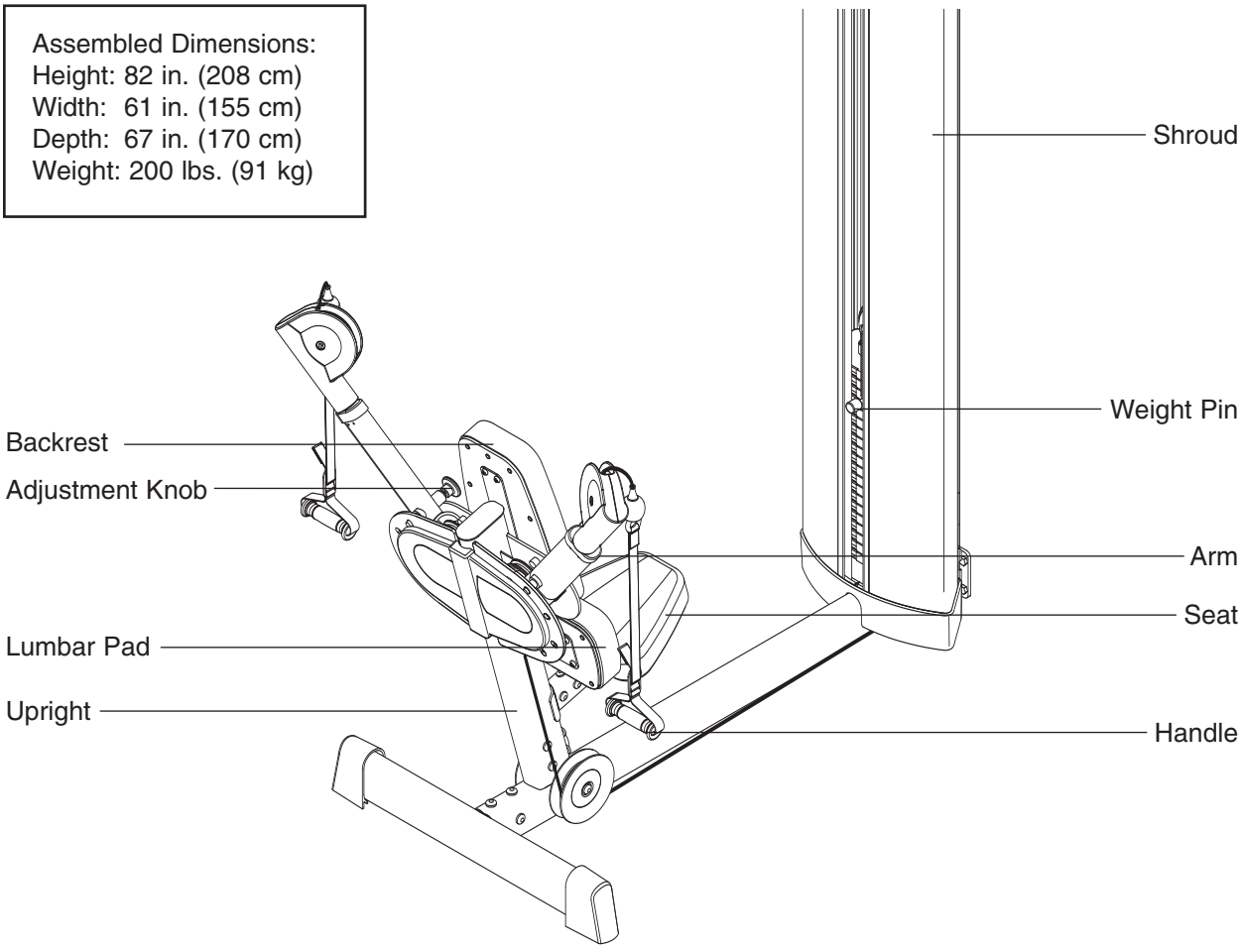
BEFORE YOU BEGIN

Thank you for selecting the PRESS station for the versatile FREEMOTION® CARBON™ weight system. This station is one of a series of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results that you want.

For your benefit, read this manual carefully before you use the weight station. If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. To help us assist you, note the product number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

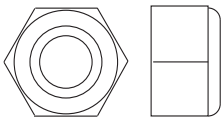
Assembled Dimensions:
Height: 82 in. (208 cm)
Width: 61 in. (155 cm)
Depth: 67 in. (170 cm)
Weight: 200 lbs. (91 kg)



Note: The FREEMOTION CARBON weight system can include the following weight stations (sold separately): the TRAVELING PULLEY station (model no. VMSY80507.0), the LEG DEVELOPER station (model no. VMSY80607.0), the PRESS station (model no. VMSY80707.0), the WEIGHT ASSIST station (model no. VMSY80807.0), and the LEG PRESS station (model no. VMSY80907.0). To purchase additional stations, please call the telephone number on the back cover of this manual.

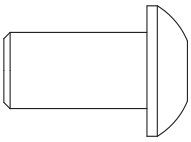
PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**

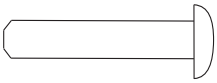


M10 Nylon Thick Locknut (38)

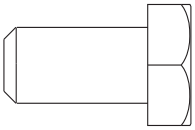
M6.5 Washer (82)



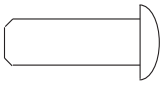
M10 x 19mm Screw (41)



M5 x 25mm Screw (47)

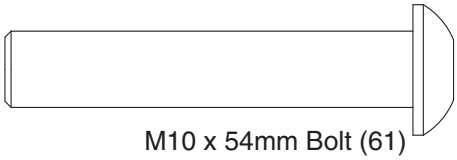


M10 x 19mm Hex Screw (40)

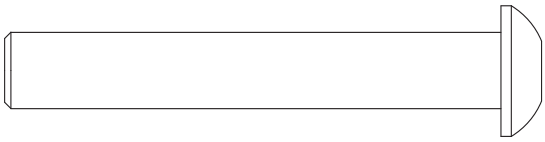


M6 x 18mm Screw (35)

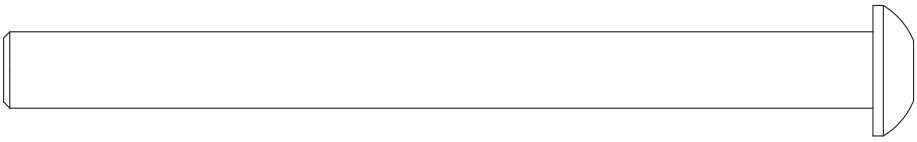
M6 x 15mm Screw (81)



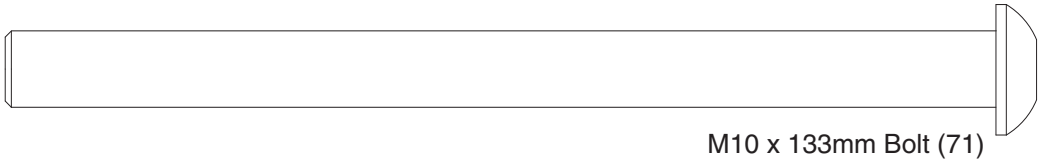
M10 x 54mm Bolt (61)



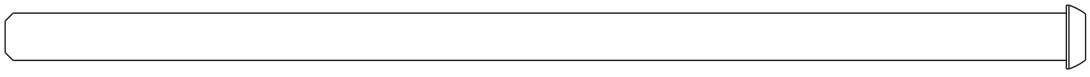
M10 x 66mm Bolt (44)



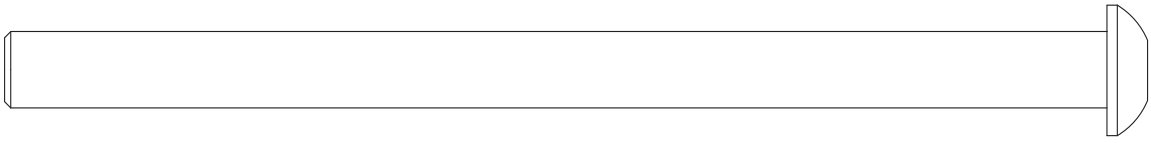
M10 x 115mm Bolt (34)



M10 x 133mm Bolt (71)



M6 x 140mm Screw (62)



M10 x 146mm Bolt (70)

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight station can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight station should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight station as you assemble it. **If attaching additional stations to the center column, leave enough clearance for those stations.**
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight station, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- The included grease and the following tools (not included) may be required for assembly:

Two adjustable wrenches

One rubber mallet

One standard screwdriver

One Phillips screwdriver

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be preassembled.**

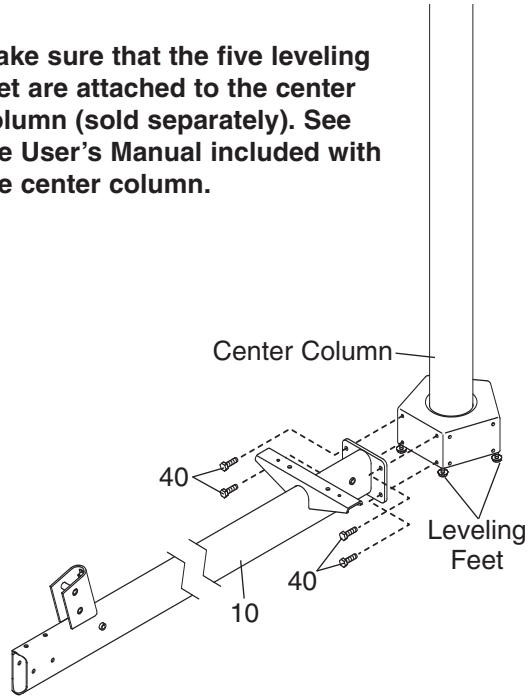
IMPORTANT: To prevent interference, the LEG DEVELOPER (model no. VMSY80607.0) must be positioned on the right of the PRESS station and the LEG PRESS station (model no. VMSY80907.0).

If assembling the LEG PRESS station (model no. VMSY80907.0) with the PRESS station, make sure that these two stations are not positioned next to each other.

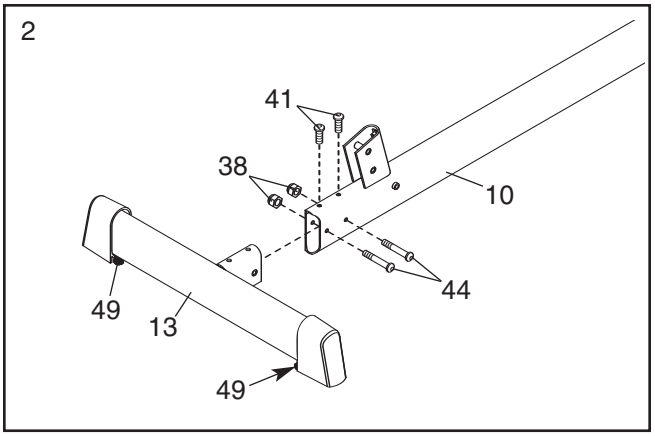
Attach the Base (10) to the center column with four M10 x 19mm Hex Screws (40).

1

Make sure that the five leveling feet are attached to the center column (sold separately). See the User's Manual included with the center column.



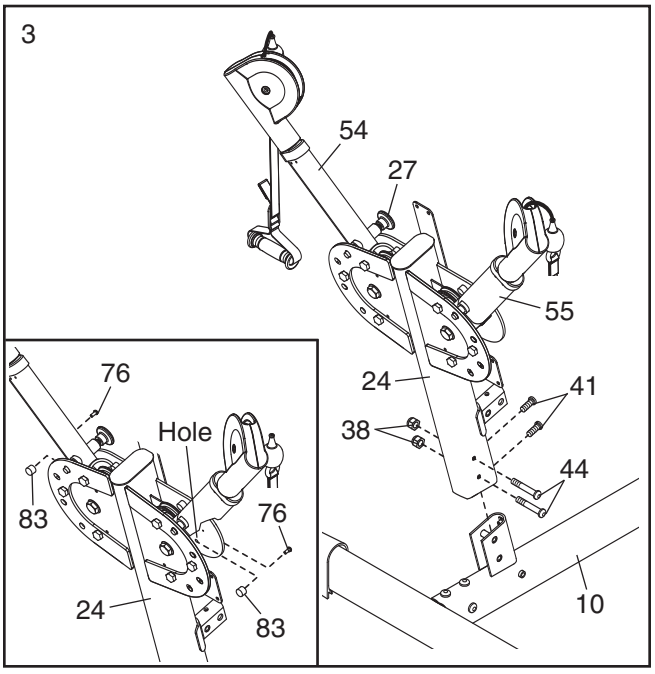
2. Attach the Stabilizer (13) to the Base (10) with two M10 x 66mm Bolts (44), two M10 x 19mm Screws (41), and two M10 Thick Nylon Locknuts (38). Then, adjust the two Leveling Feet (49) so that the Stabilizer is level with the center column.



3. Pull the indicated Adjustment Knob (27), raise the Left Arm (54) to the position shown, and then engage the Adjustment Knob. **Raise the Right Arm (55) in the same way.**

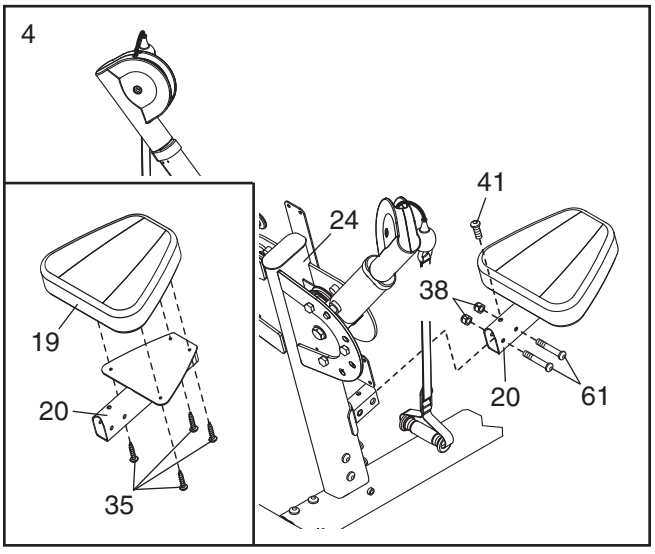
   See the inset drawing. Attach an Upright Bumper (83) to the indicated hole in the Upright (24) with an M8 x 13mm Bolt (76). **Attach another Upright Bumper (83) to the other side of the Upright in the same way.**

   Next, attach the Upright (24) to the Base (10) with two M10 x 19mm Screws (41), two M10 x 66mm Bolts (44), and two M10 Thick Nylon Locknuts (38).

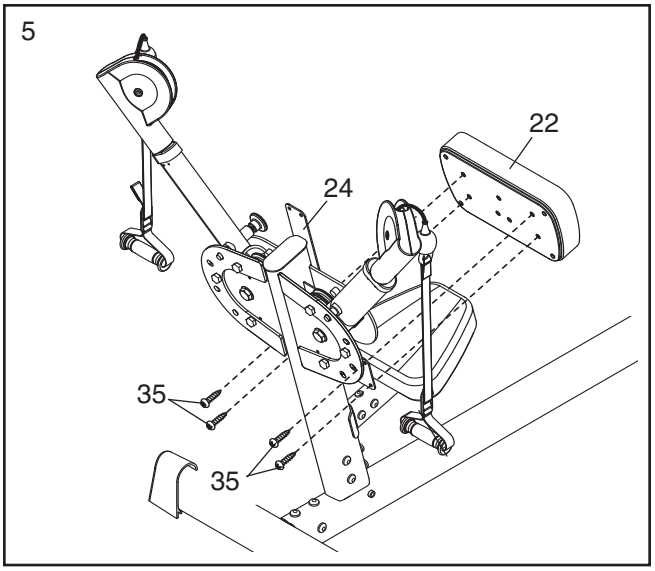


4. **See the inset drawing.** Attach the Seat (19) to the Seat Frame (20) with four M6 x 18mm Screws (35).

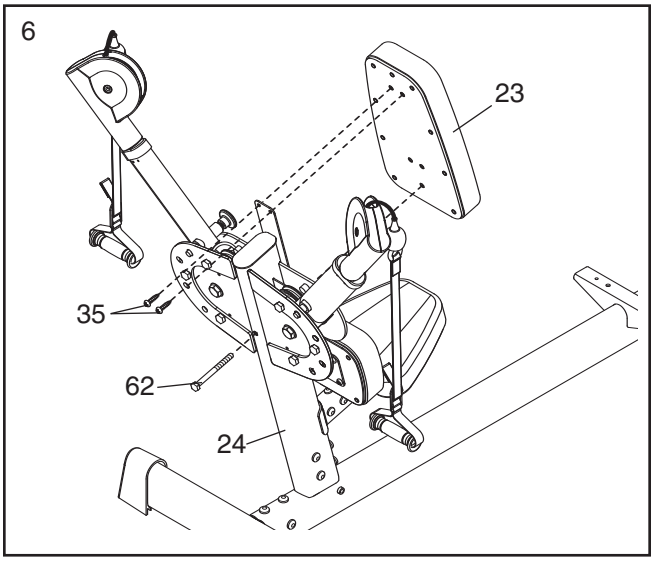
   Next, attach the Seat Frame (20) to the Upright (24) with an M10 x 19mm Screw (41), two M10 x 54mm Bolts (61), and two M10 Thick Nylon Locknuts (38).



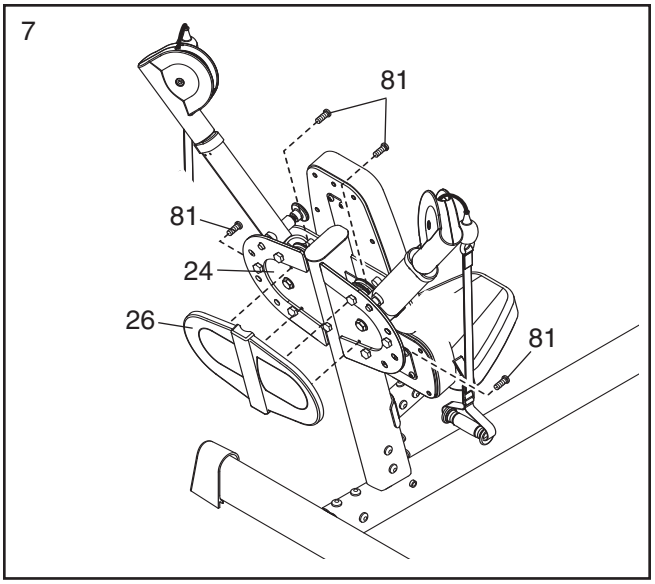
5. Attach the Lumbar Pad (22) to the Upright (24) with four M6 x 18mm Screws (35).



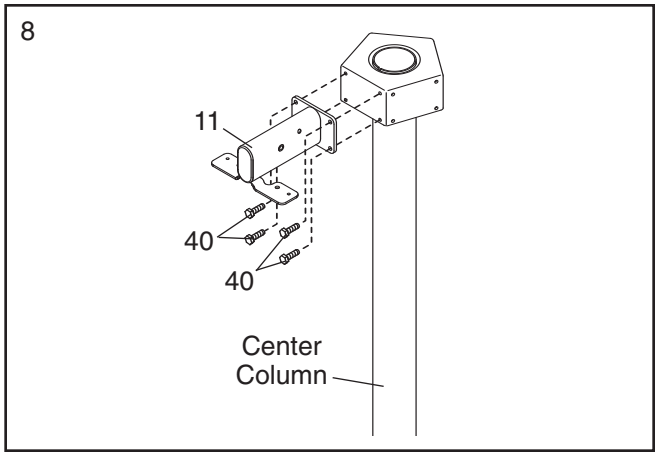
6. Attach the Backrest (23) to the Upright (24) with two M6 x 18mm Screws (35) and an M6 x 140mm Screw (62).



7. Attach the Upright Cover (26) to the Upright (24) with four M6 x 15mm Screws (81).

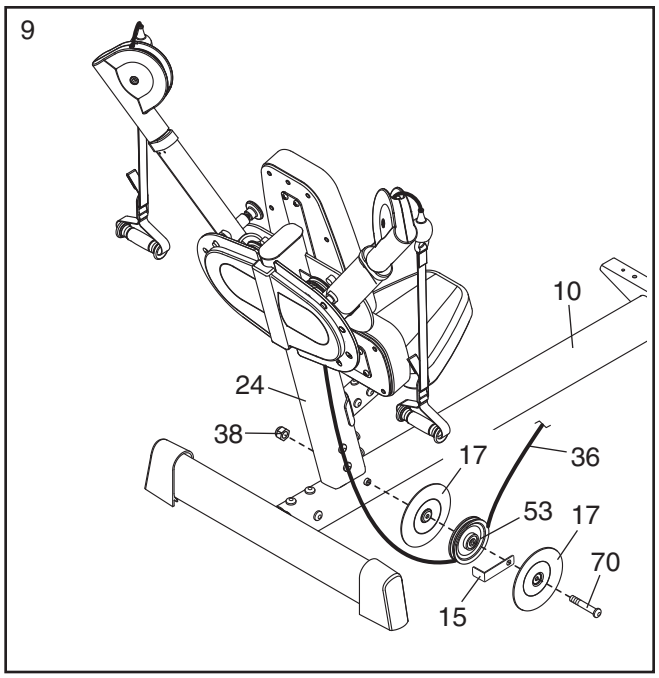


8. Attach the Top Frame (11) to the center column with four M10 x 19mm Hex Screws (40). **Do not tighten the Hex Screws yet.**

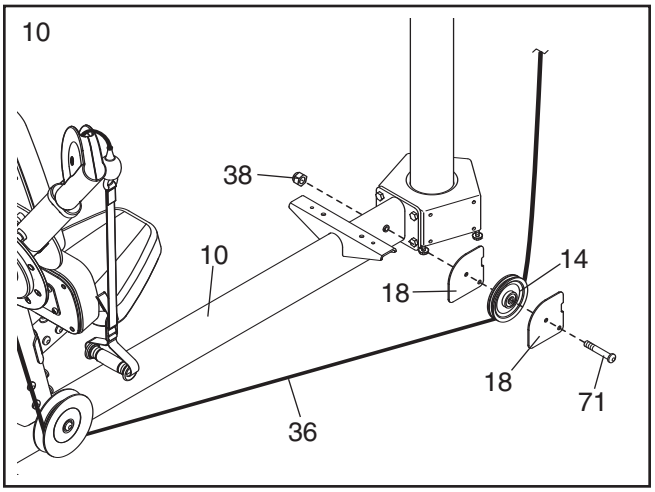


9. **Refer to the CABLE DIAGRAM on page 17 as you assemble the Cable (36)**.

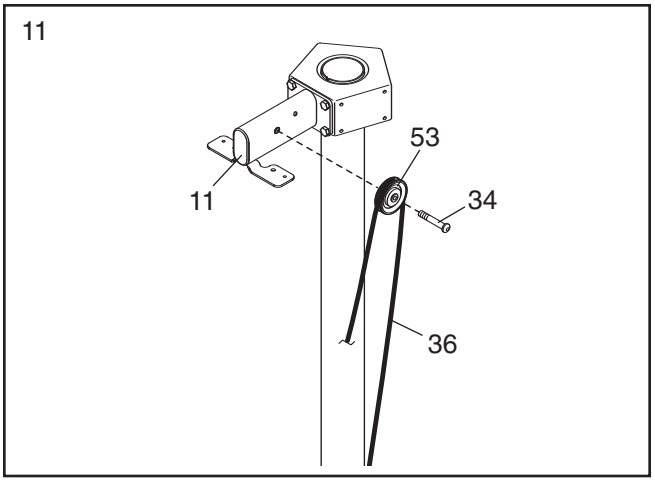
   Locate the Cable (36), which is attached to the Upright (24). Wrap the Cable under a Large Pulley (53). Attach the Large Pulley, a Cable Trap (15), and two Round Pulley Guards (17) to the Base (10) with an M10 x 146mm Bolt (70). Finger tighten an M10 Thick Nylon Locknut (38) onto the Bolt. **Make sure that the Cable Trap is oriented as shown, and that the Cable is between the Cable Trap and the Large Pulley.**



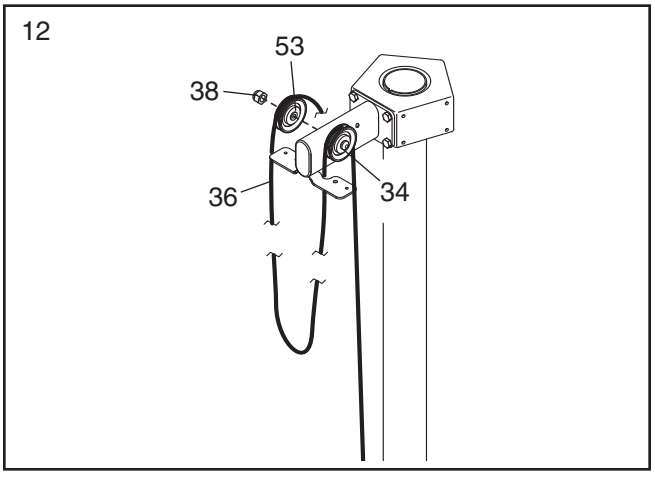
10. Wrap the Cable (36) under a Small Pulley (14). Attach the Small Pulley and two Square Pulley Guards (18) to the Base (10) with an M10 x 133mm Bolt (71). Finger tighten an M10 Thick Nylon Locknut (38) onto the Bolt.



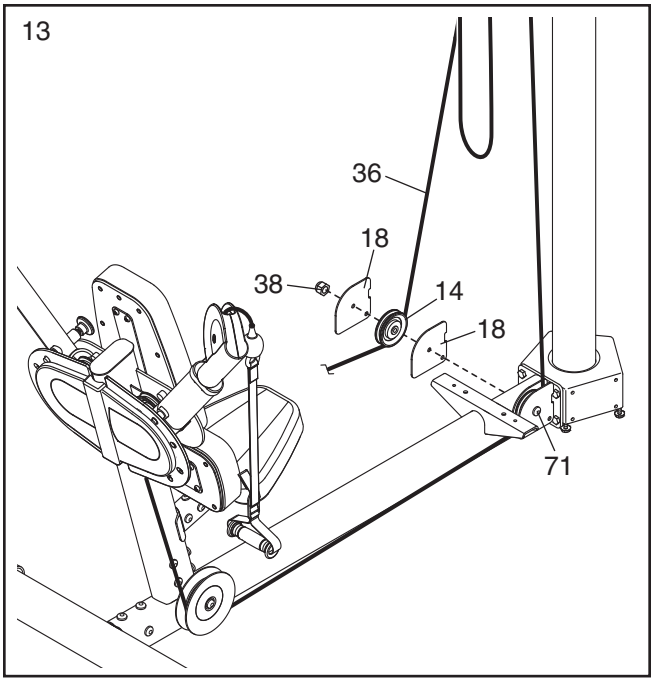
11. Wrap the Cable (36) over a Large Pulley (53). Insert an M10 x 115mm Bolt (34) into the Large Pulley and into the Top Frame (11).



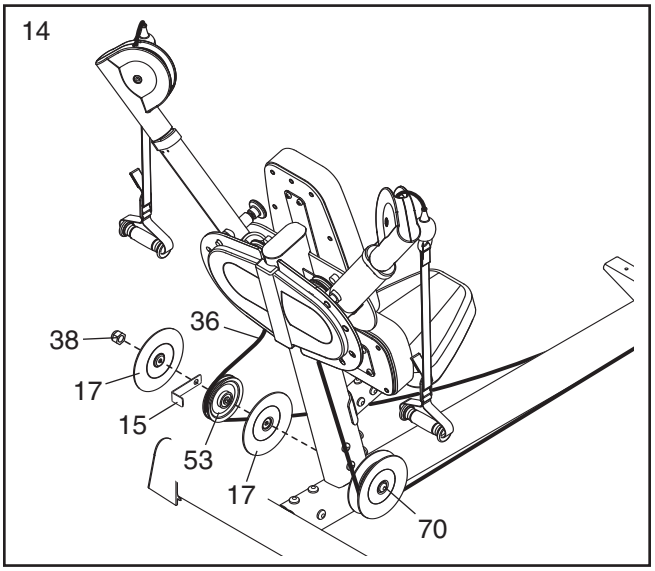
12. Wrap the Cable (36) over another Large Pulley (53). Slide the Large Pulley onto the M10 x 115mm Bolt (34) inserted in step 11. Then, tighten an M10 Thick Nylon Locknut (38) onto the Bolt.



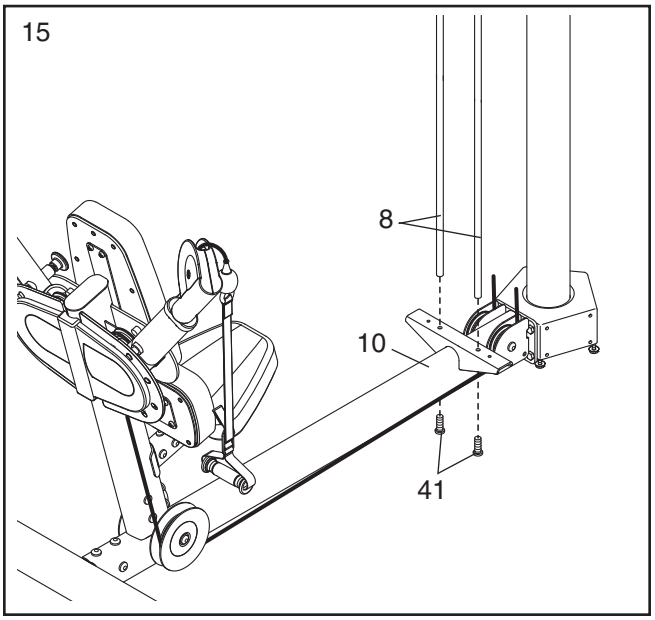
13. Remove the indicated M10 Thick Nylon Locknut (38). Wrap the Cable (36) under a Small Pulley (14). Slide the Small Pulley and two Square Pulley Guards (18) onto the indicated M10 x 133mm Bolt (71). Then, tighten the Thick Nylon Locknut onto the Bolt.



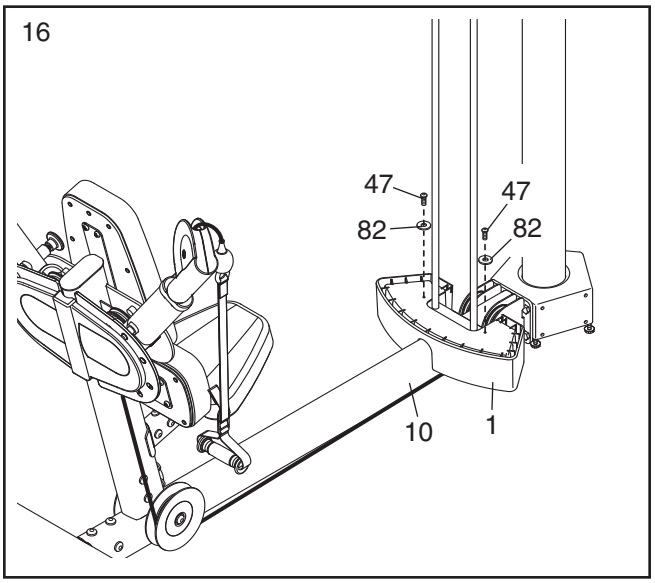
14. Remove the indicated M10 Thick Nylon Locknut (38). Wrap the Cable (36) under a Large Pulley (53). Slide the Large Pulley, a Cable Trap (15), and two Round Pulley Guards (17) onto the indicated M10 x 146mm Bolt (70). Then, tighten the Thick Nylon Locknut onto the Bolt. **Make sure that the Cable Trap is oriented as shown, and that the Cable is between the Cable Trap and the Large Pulley.**



15. Attach the two Weight Guides (8) to the Base (10) with two M10 x 19mm Screws (41). **Do not tighten the Screws yet.**

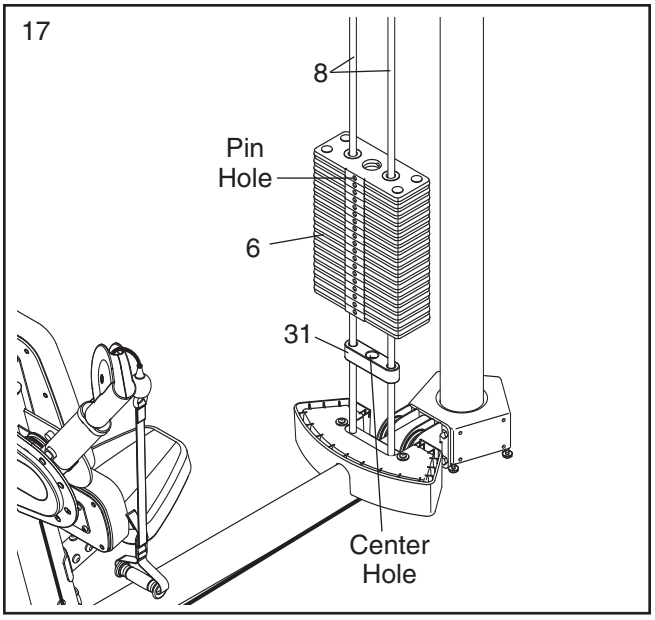


16. Attach the Shroud Base (1) to the Base (10) with two M5 x 25mm Screws (47) and two M6.5 Washers (82).

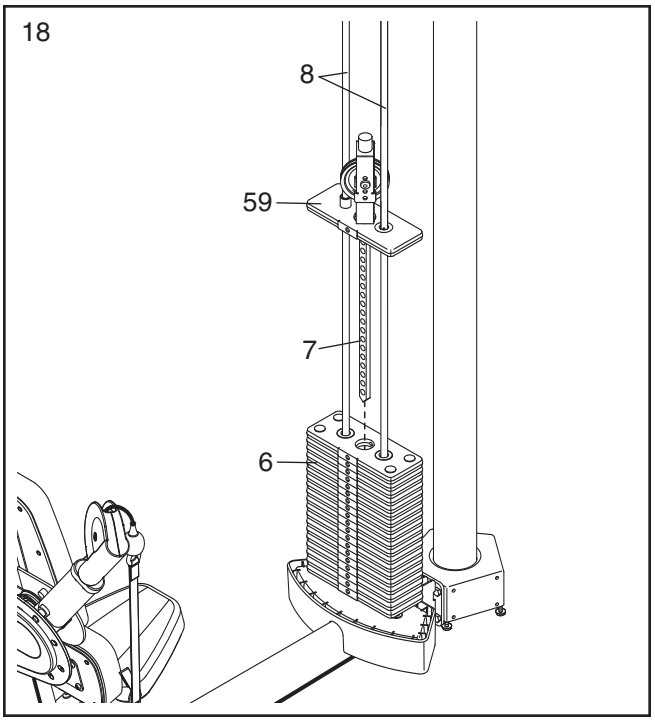


17. Orient the Weight Bumper (31) as shown, and slide it onto the Weight Guides (8).

    Orient the nineteen Weights (6) so that the pin holes are positioned as shown. Slide the Weights onto the Weight Guides (8).



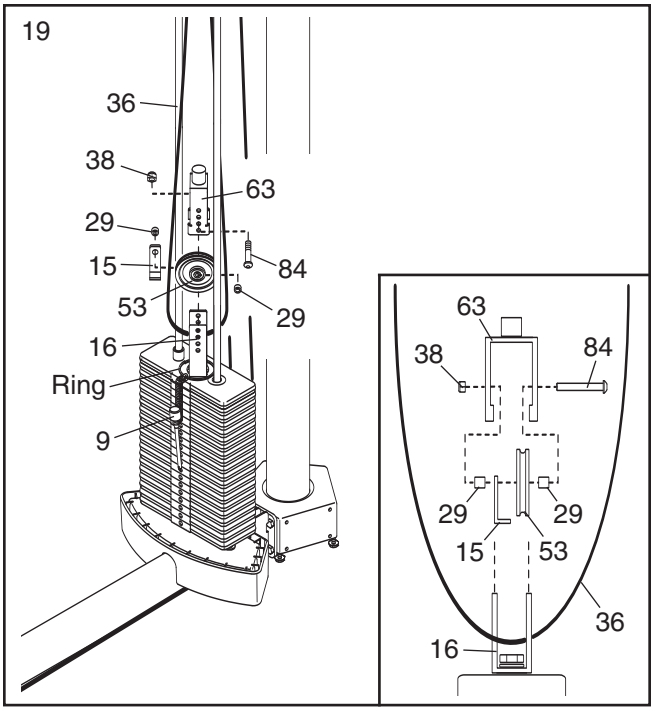
18. Orient the Top Weight (59) as shown. Slide the Top Weight onto the Weight Guides (8) and insert the Weight Tube (7) into the Weights (6).



19. Remove the M10 Thick Nylon Locknut (38) and the M10 x 86mm Bolt (84) from the Upper "U"-bracket (63) and the Lower "U"-bracket (16). Next, slide the Upper "U"-bracket off the Lower "U"-bracket. Then, slide the ring on the Weight Pin (9) over the Lower "U"-bracket as shown.

    Route the Cable (36) through the Lower "U"-bracket (16). Next, slide the Upper "U"-bracket (63) onto the Lower "U"-bracket and align the holes in the "U"-brackets.

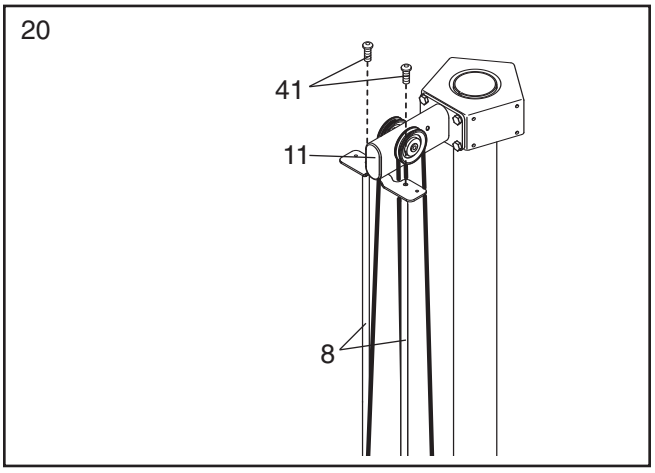
    Attach the Large Pulley (53), the Cable Trap (15), and the two Pulley Spacers (29) inside the "U"-brackets (16, 63) with the M10 x 86mm Bolt (84) and the M10 Thick Nylon Locknut (38); use the second hole from the tops of the "U"-brackets. **Make sure that all parts are oriented as shown in the inset drawing. In addition, make sure that the Cable Trap is oriented as shown, and that the Cable is between the Cable Trap and the Large Pulley.**



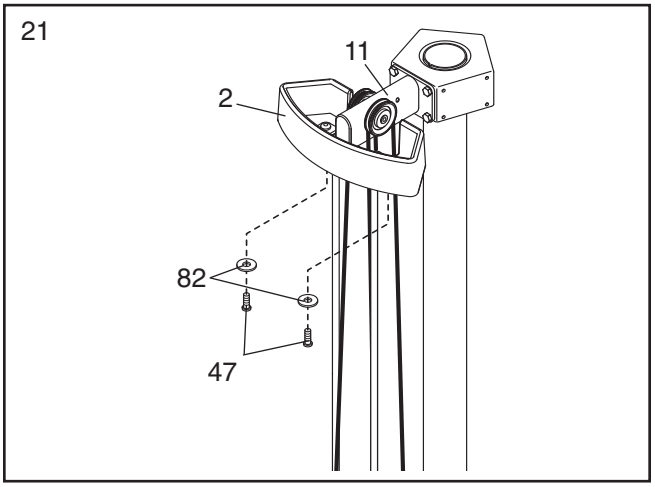
20. Attach the Weight Guides (8) to the Top Frame (11) with two M10 x 19mm Screws (41).

    See step 8. Tighten the M10 x 19mm Hex Screws (40).

    See step 15. Tighten the M10 x 19mm Screws (41).



21. Attach the Shroud Top (2) to the Top Frame (11) with two M5 x 25mm Screws (47) and two M6.5 Washers (82).

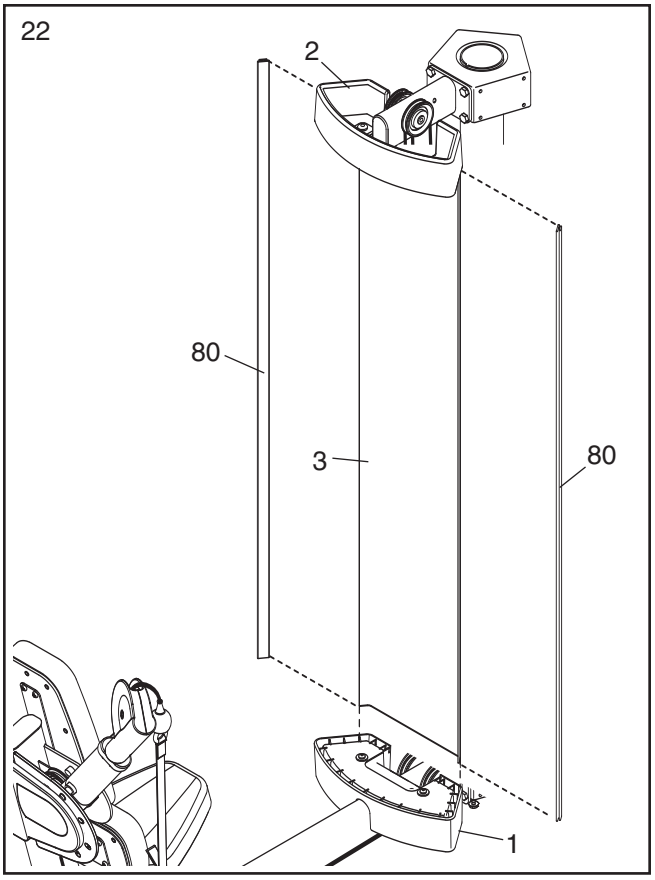


22. **Note: If attaching all the stations to the center column, it is not necessary to attach the Rear Shroud (3) and the Shroud Joints (80).**

For clarity, the weight stack is not shown in steps 22 and 23.

Lift the Rear Shroud (3) up into the back of the Shroud Top (2). Then, slide the Rear Shroud downward into the Shroud Base (1).

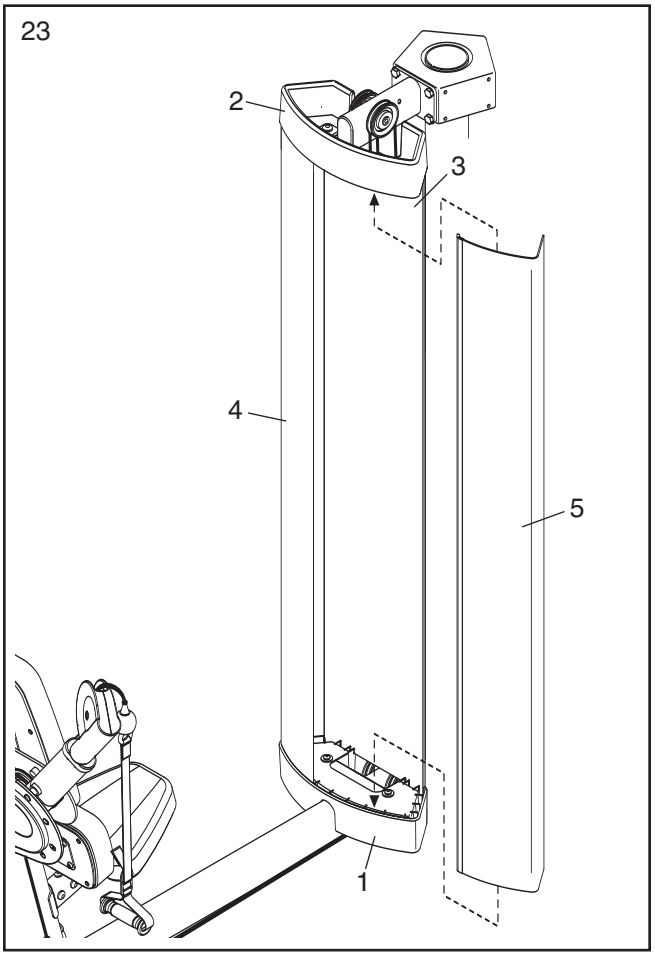
Press the Shroud Joints (80) onto both sides of the Rear Shroud (3). Have a second person hold the Shroud Joints until step 23 is completed.



23. Lift the Left Shroud (4) up into the front of the Shroud Top (2). Then, slide the Left Shroud downward into the Shroud Base (1).

Next, slide the Right Shroud (5) into the Shroud Base (1) in the same way.

Attach the Rear Shroud (3) to the Right Shroud (5) and the Left Shroud (4) with the two Shroud Joints (not shown).



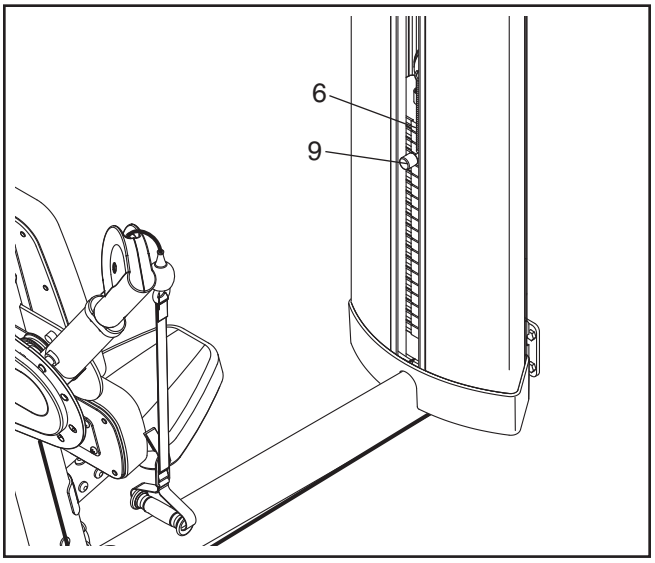
24. **Make sure that all parts are properly tightened before you use the weight station.** The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 15.

ADJUSTMENT

This section explains how to adjust the weight station. See the EXERCISE GUIDELINES on page 18 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

CHANGING THE WEIGHT SETTING

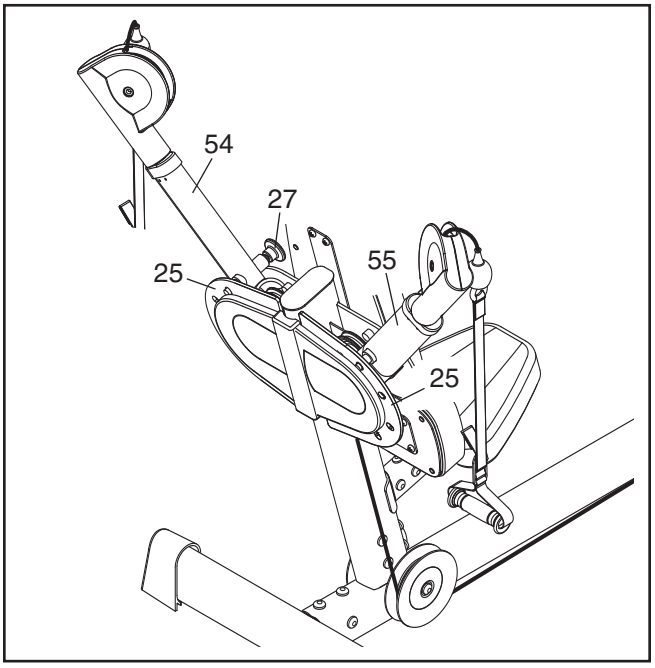
To change the weight setting of the weight stack, insert the Weight Pin (9) into the hole in the desired Weight (6). **Make sure that the Weight Pin is inserted into the Weight Tube (not shown).**



ADJUSTING THE ARMS

To adjust the position of the Left Arm (54), pull the Adjustment Knob (27), rotate the Left Arm to the desired position, and then engage the Adjustment Knob in one of the adjustment holes in the Adjustment Plate (25). **Make sure that the Adjustment Knob is engaged in one of the adjustment holes.**

Adjust the position of the Right Arm (55) in the same way.



MAINTENANCE

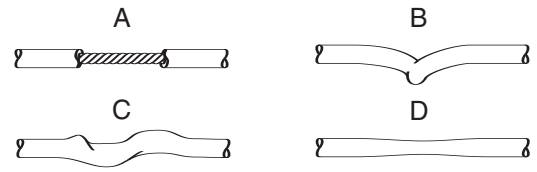
Make sure that all parts are properly tightened each time the weight station is used. Replace any worn parts immediately. Clean the weight station with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight station**.

WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON® or silicone-based lubricants.**

CABLE INSPECTION

Check the entire length of each cable by slowly performing one repetition on the exercise equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the conditions shown on the right, which may indicate a worn cable in need of replacement.



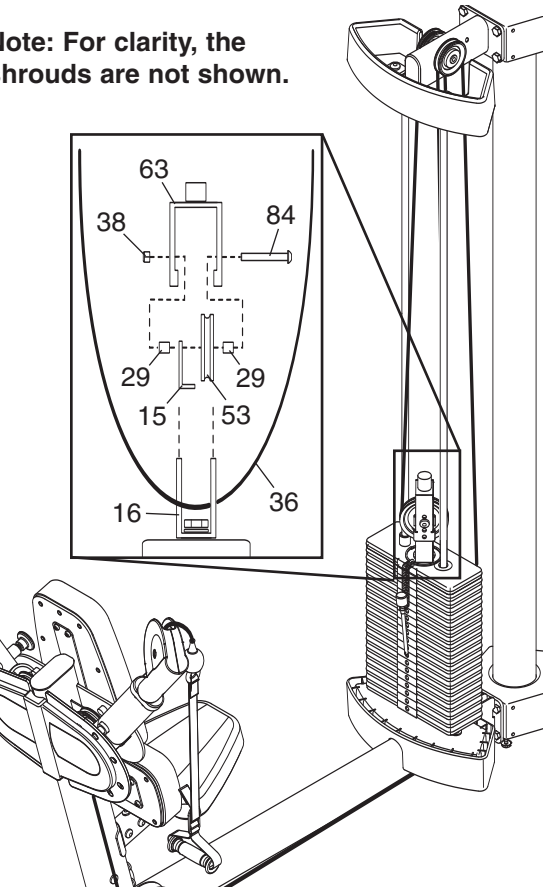
A. torn or split cable sheath
B. kinked or severely bent cable
C. curled or twisted sheath
D. stretched or thinning cable sheath

CABLE ADJUSTMENT

Woven cable, the type of cable used on the weight station, can stretch slightly when it is first used. If there is slack in the cable before resistance is felt, the cable should be tightened.

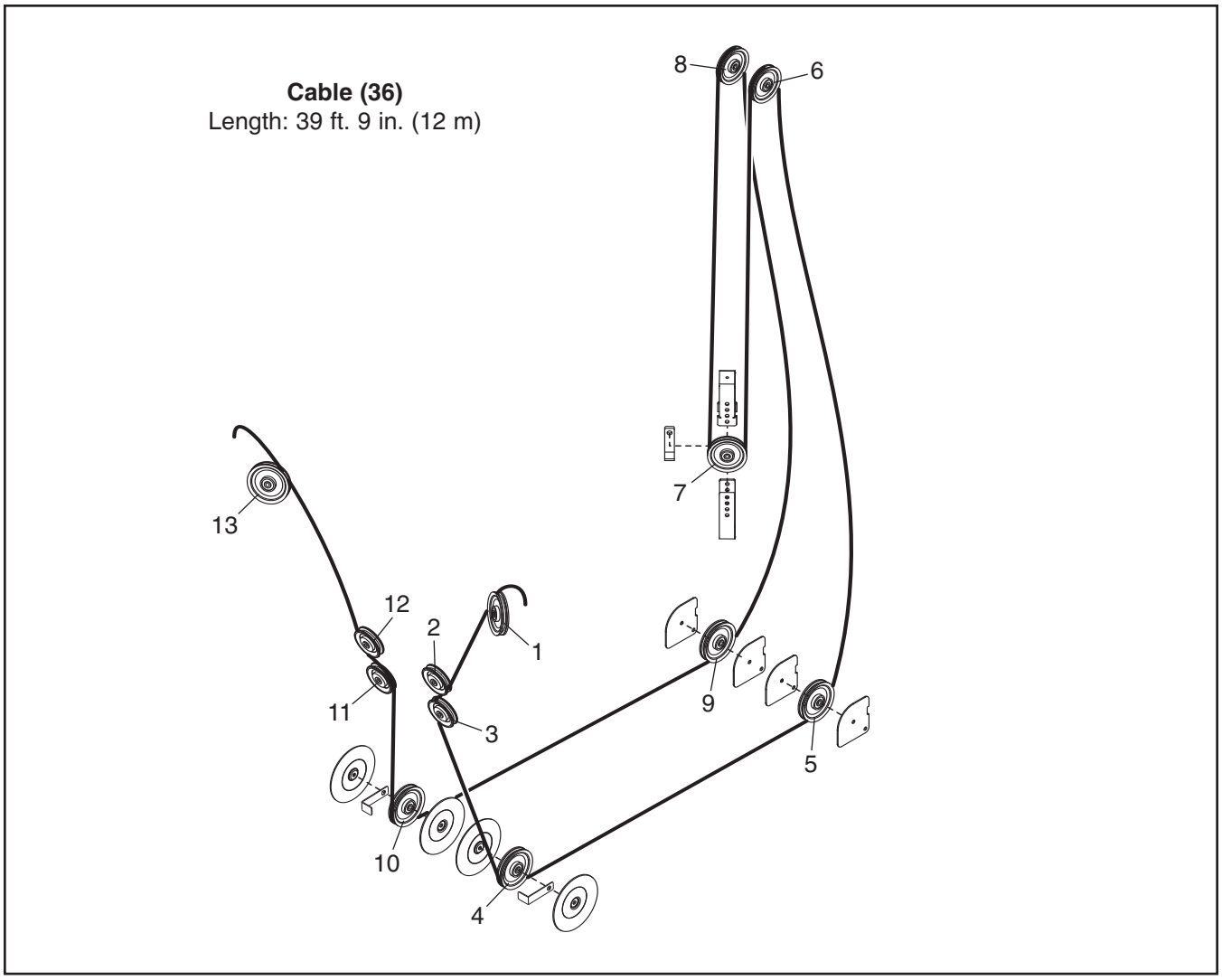
Remove the M10 Thick Nylon Locknut (38) and the M10 x 86mm Bolt (84) from the "U"-brackets (16, 63), the two Pulley Spacers (29), the Cable Trap (15), and the Small Pulley (14). Reattach the Small Pulley, the Cable Trap, and the Pulley Spacers to a lower hole in the "U"-brackets. **Make sure that the Cable Trap is in the proper position and that the Cable (36) and the Small Pulley move smoothly.**

Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.



CABLE DIAGRAM

The numbers in the diagram below show the proper routing of the cable. Use the diagram to make sure that the cable and the cable traps are assembled correctly. If the cable and the cable traps are not assembled correctly, the weight station will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cable.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

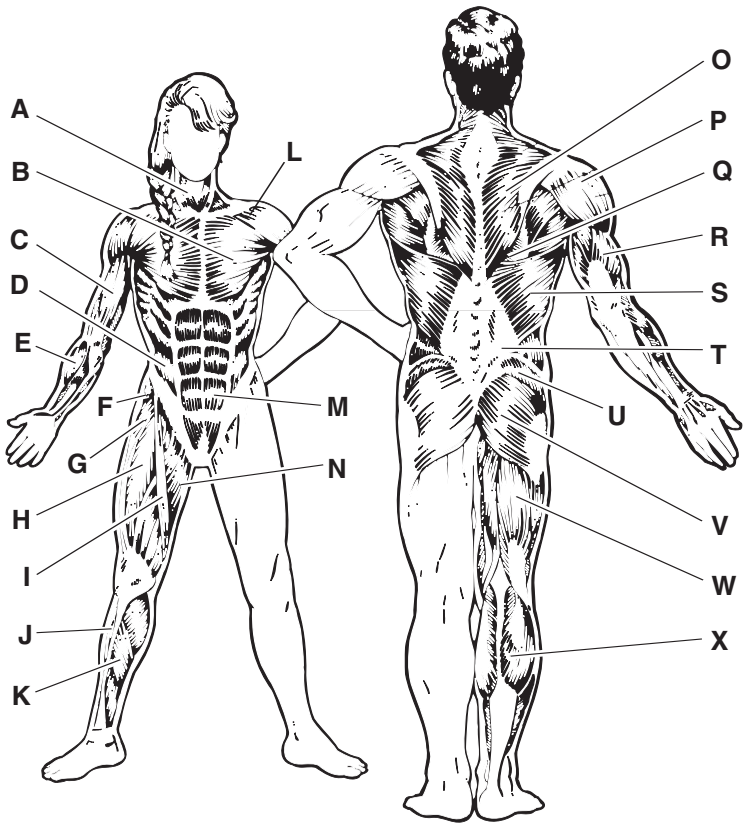
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

WARRANTY PERIODS AND COVERAGE

Residential and Light Commercial
Frame: Lifetime
Parts: 10 years
Cables/Belts: 1 year
Upholstery and Accessories: 90 days
Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The 1-year labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users in excess of 350 lbs. (159 kg) in weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spas and pools.

This warranty shall not apply to the following:
1. Cosmetic items including grips, decals, and labels.
2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased your equipment. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, cost of removal, installation or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights and you may have other rights that vary from state to state.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

PART LIST—Model No. VMSY80707.0

R1007A

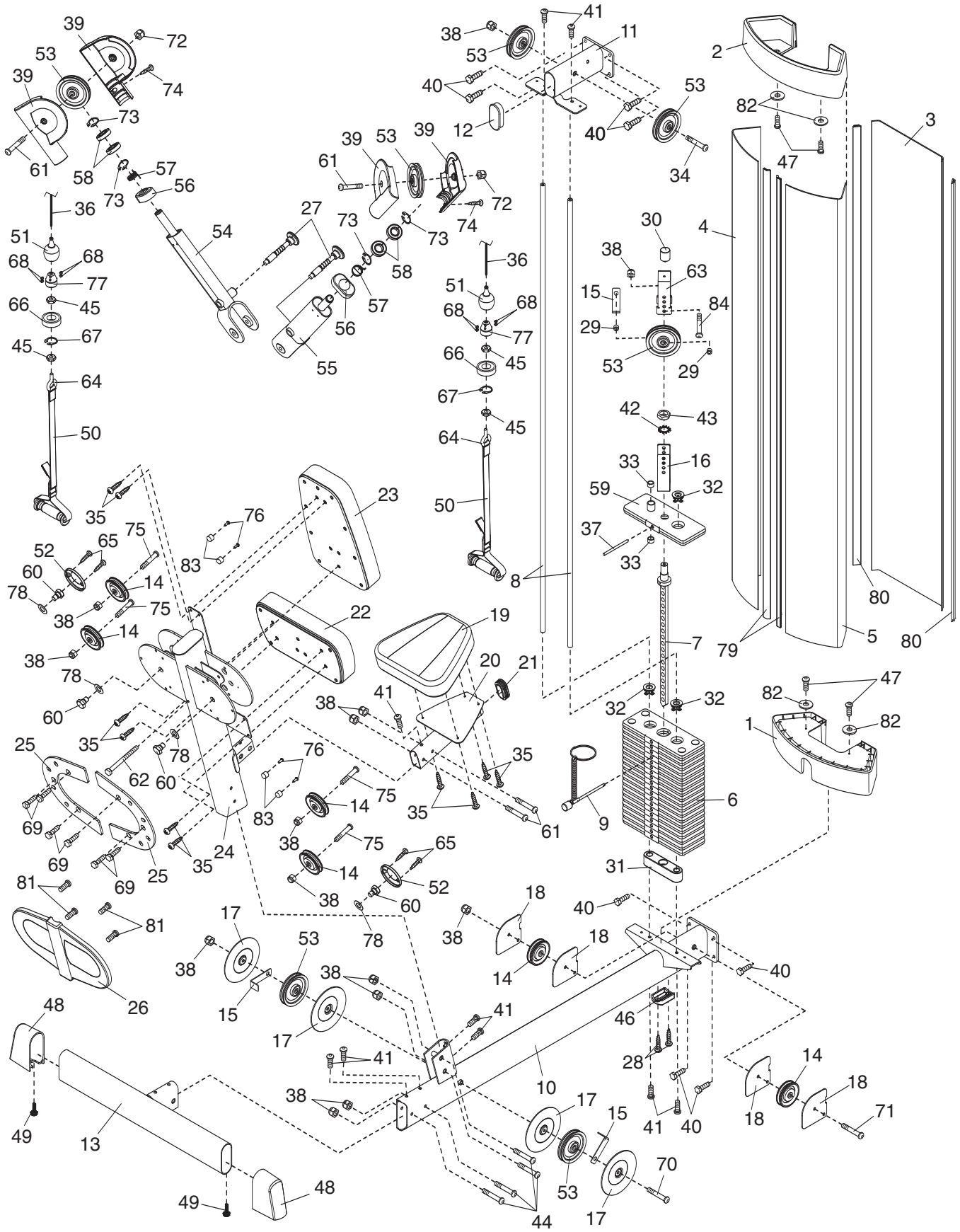
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description
1	1	Shroud Base
2	1	Shroud Top
3	1	Rear Shroud
4	1	Left Shroud
5	1	Right Shroud
6	19	Weight
7	1	Weight Tube
8	2	Weight Guide
9	1	Weight Pin
10	1	Base
11	1	Top Frame
12	1	Top Frame Cap
13	1	Stabilizer
14	6	Small Pulley
15	3	Cable Trap
16	1	Lower “U”-bracket
17	4	Round Pulley Guard
18	4	Square Pulley Guard
19	1	Seat
20	1	Seat Frame
21	1	Seat Frame Cap
22	1	Lumbar Pad
23	1	Backrest
24	1	Upright
25	2	Adjustment Plate
26	1	Upright Cover
27	2	Adjustment Knob
28	2	M4 x 13mm Screw
29	2	Pulley Spacer
30	1	Top “U”-bracket Spacer
31	1	Weight Bumper
32	39	Weight Bushing
33	2	Top Weight Spacer
34	1	M10 x 115mm Bolt
35	10	M6 x 18mm Screw
36	1	Cable
37	1	Top Weight Pin
38	14	M10 Thick Nylon Locknut
39	4	Swivel Bracket
40	8	M10 x 19mm Hex Screw
41	9	M10 x 19mm Screw
42	1	Star Washer
43	1	M25 Nut
44	4	M10 x 66mm Bolt
45	4	M10 Nut
46	1	Base Foot
47	4	M5 x 25mm Screw
48	2	Stabilizer Cap
49	2	Leveling Foot
50	2	Handle
51	2	Cable Cover
52	2	Upright Cap
53	7	Large Pulley
54	1	Left Arm
55	1	Right Arm
56	2	Arm Cap
57	2	Handle Spring
58	4	Small Bearing
59	1	Top Weight
60	4	M16 Bolt
61	4	M10 x 54mm Bolt
62	1	M6 x 140mm Screw
63	1	Upper “U”-bracket
64	2	M10 Eyebolt
65	4	M4 x 10mm Screw
66	2	Large Bearing
67	2	Small Retainer Clip
68	8	M6 x 10mm Screw
69	6	M10 x 13mm Screw
70	1	M10 x 146mm Bolt
71	1	M10 x 133mm Bolt
72	2	M10 Thin Nylon Locknut
73	4	Large Retainer Clip
74	2	M5 x 30mm Screw
75	4	M10 x 41mm Bolt
76	4	M8 x 13mm Bolt
77	2	Coupler
78	4	38mm Washer
79	2	Shroud Edging
80	2	Shroud Joint
81	4	M6 x 15mm Screw
82	4	M6.5 Washer
83	4	Upright Bumper
84	1	M10 x 86mm Bolt
*	–	User’s Manual
*	–	Exercise Guide
*	–	Hex Key
*	–	Grease Packet

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. VMSY80707.0

R1007A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the address or phone number listed below. Please be prepared to provide the following information:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

Call
Toll-free in the US: 1-866-799-8946, Mon.–Fri. 8 am–5 pm MST
International: +1-719-533-2911

Email
US: fmfvmcustomerservice@freemotionfitness.com
International: intlcustomercare@freemotionfitness.com

Write
FreeMotion Fitness
1096 Elkton Drive Suite 600
Colorado Springs, CO 80907

Part No. 252593 R1007A

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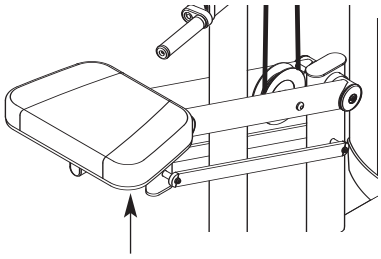
FREEMOTION® CARBON™

Weight Assist

USER'S MANUAL

Model No. VMSY80807.0
Serial No. _____

Write the serial number in the space above for future reference.



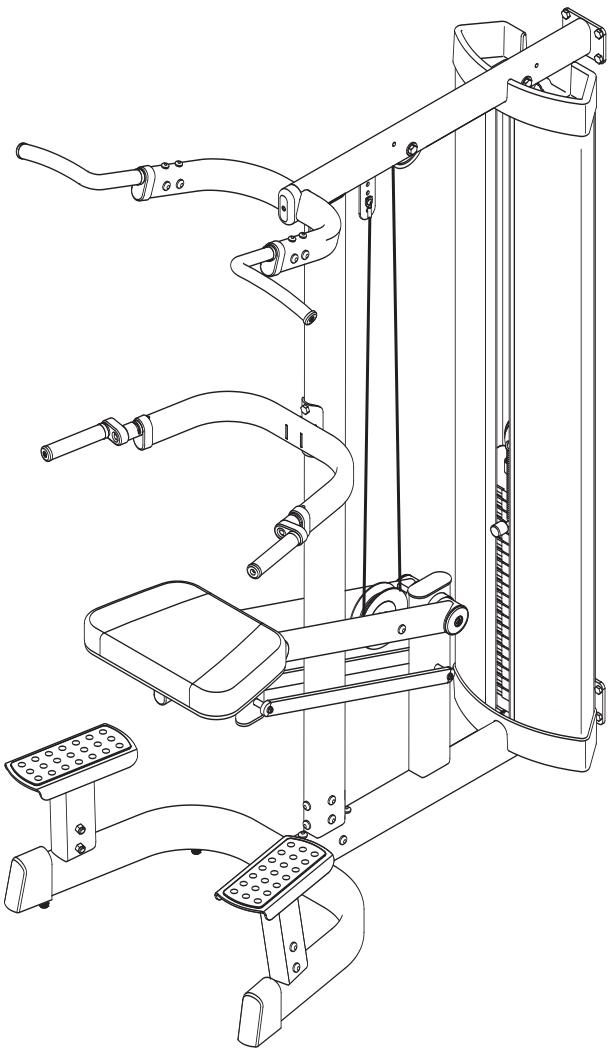
Serial Number Decal
(under knee pad)

QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.freemotionfitness.com

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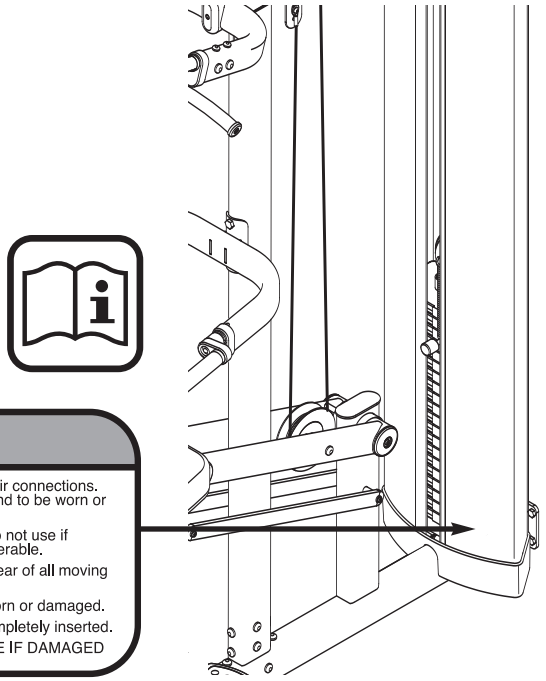
WARNING DECAL PLACEMENT

The decal shown here has been placed in the indicated location. **If the decal is missing or illegible, call the telephone number on the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



⚠ WARNING

- Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
- Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
- This equipment to be used only under qualified supervision.
- NEVER pin the weight stack in an elevated position.
- Obtain a medical exam before beginning an exercise program.
- INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
- Inspect the machine before use. Do not use if machine appears damaged or inoperable.
- Keep body and clothing free and clear of all moving parts.
- NEVER use if any component is worn or damaged.
- Be certain that the weight pin is completely inserted.
- Do not remove this label. REPLACE IF DAMAGED

FREEMOTION is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight station before using the weight station. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of the weight station.

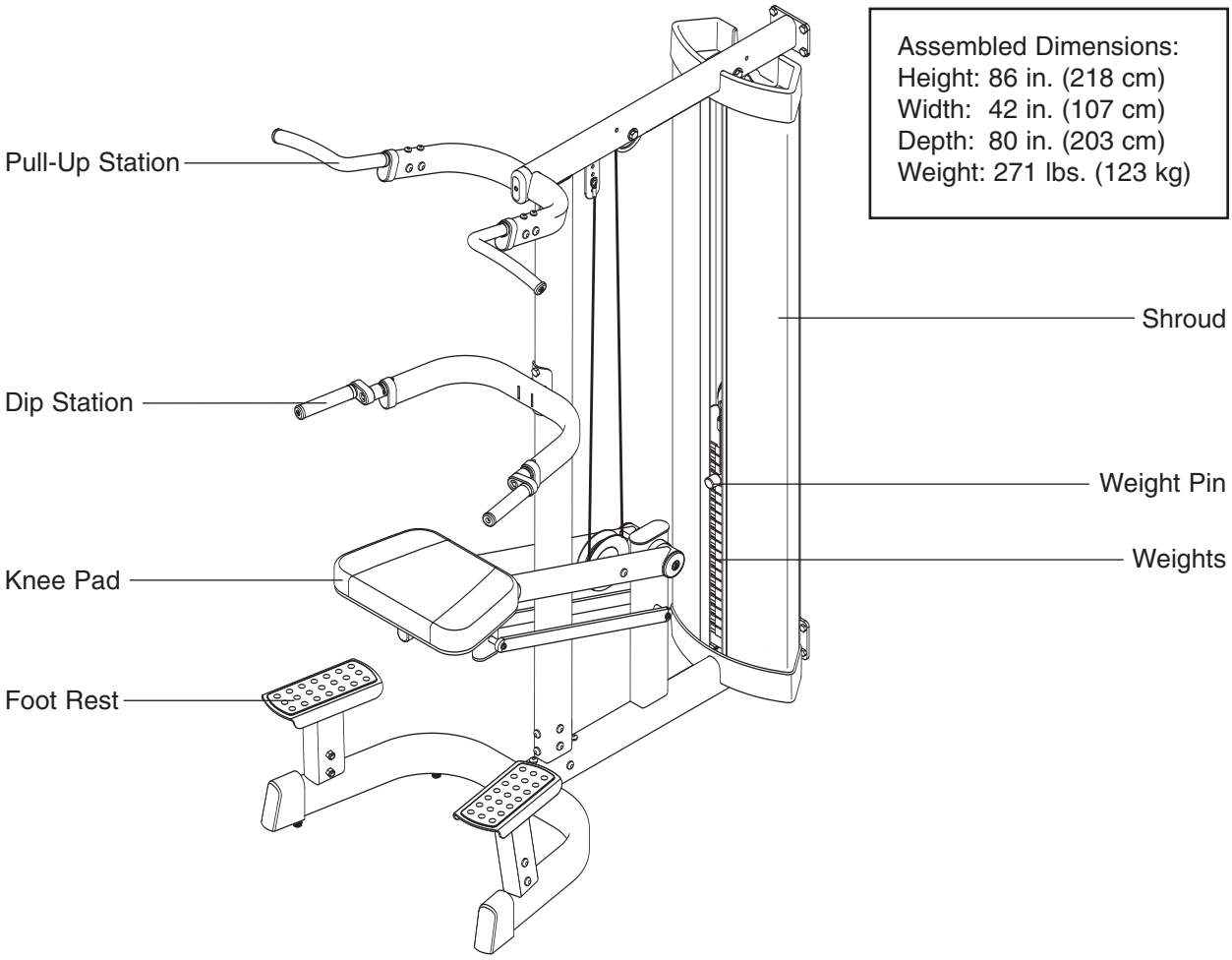
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **Use the weight station only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight station are adequately informed of all precautions.**
4. **Keep the weight station indoors, away from moisture and dust. Place the weight station on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight station to mount, dismount, and use it.**
5. **Keep hands and feet away from moving parts.**
6. **Keep children under age 12 and pets away from the weight station at all times.**
7. **The weight station is designed to support a maximum user weight of 350 lbs. (159 kg).**
8. **Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.**
9. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
10. **Make sure that the cable remains on the pulleys at all times. If the cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys.**
11. **Always make sure that the weight pin is fully inserted into the weight stack before you exercise.**
12. **Make sure that the lock pin is fully inserted into the fourth weight beneath the top weight before you use this station. (See assembly step 15 on page 11.)**
13. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the WEIGHT ASSIST station for the versatile FREEMOTION® CARBON™ weight system. This station is one of a series of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results that you want.

For your benefit, read this manual carefully before you use the weight station. If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. To help us assist you, note the product number and serial number before contacting us. The model number and the location of the serial number are shown on the front cover of this manual.

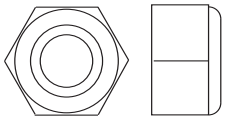
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



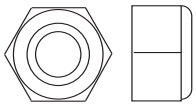
Note: The FREEMOTION CARBON weight system can include the following weight stations (sold separately): the TRAVELING PULLEY station (model no. VMSY80507.0), the LEG DEVELOPER station (model no. VMSY80607.0), the PRESS station (model no. VMSY80707.0), the WEIGHT ASSIST station (model no. VMSY80807.0), and the LEG PRESS station (model no. VMSY80907.0). To purchase additional stations, please call the telephone number on the back cover of this manual.

PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**

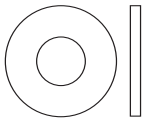


M10 Nylon Locknut (38)

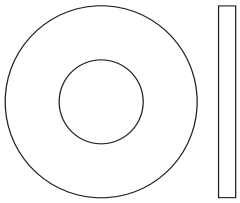


M8 Nylon Locknut (74)

M8 x 8mm Set Screw (45)

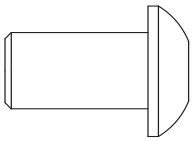


M6.5 Washer (30)

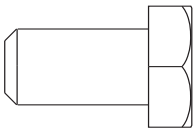


M10 Washer (37)

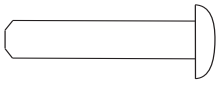
M6 x 18mm Screw (78)



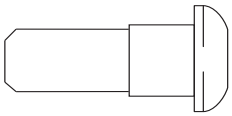
M10 x 19mm Screw (41)



M10 x 19mm Hex Screw (40)

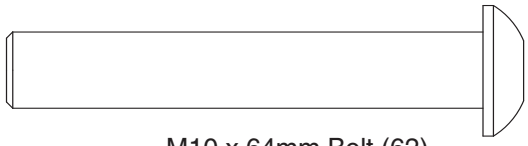


M5 x 25mm Screw (47)

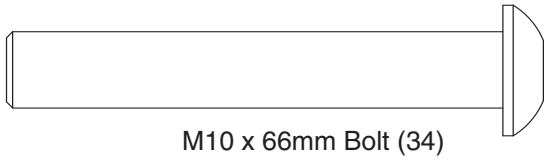


M8 x 25mm Shoulder Bolt (73)

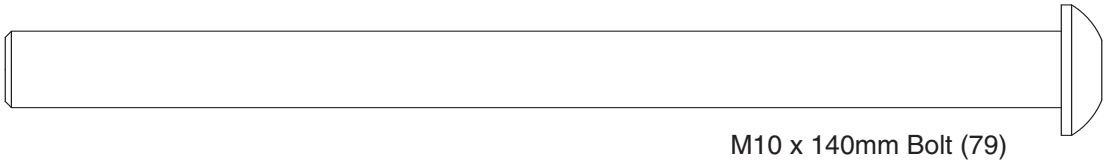
M10 x 54mm Bolt (50)



M10 x 64mm Bolt (62)



M10 x 66mm Bolt (34)



M10 x 140mm Bolt (79)

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight station can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight station should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight station as you assemble it. **If attaching additional stations to the column, leave enough clearance for those stations.**
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight station, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- The included grease and the following tools (not included) may be required for assembly:

Two adjustable wrenches

One rubber mallet

One standard screwdriver

One Phillips screwdriver

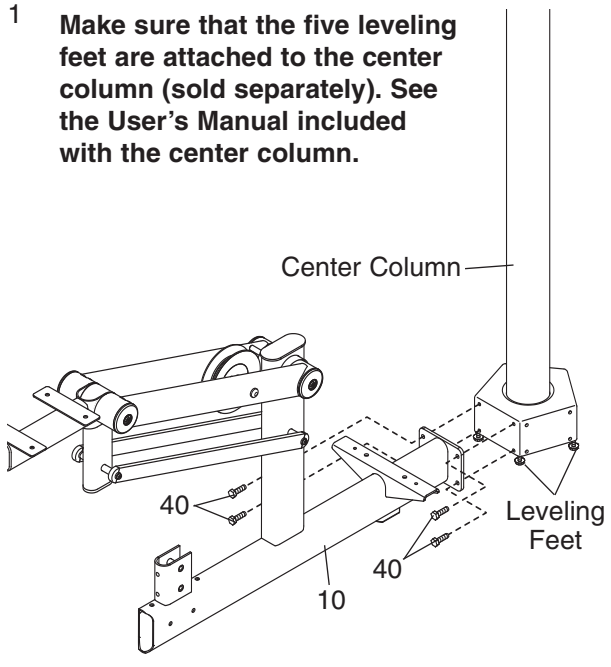
One torque wrench (not shown)

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

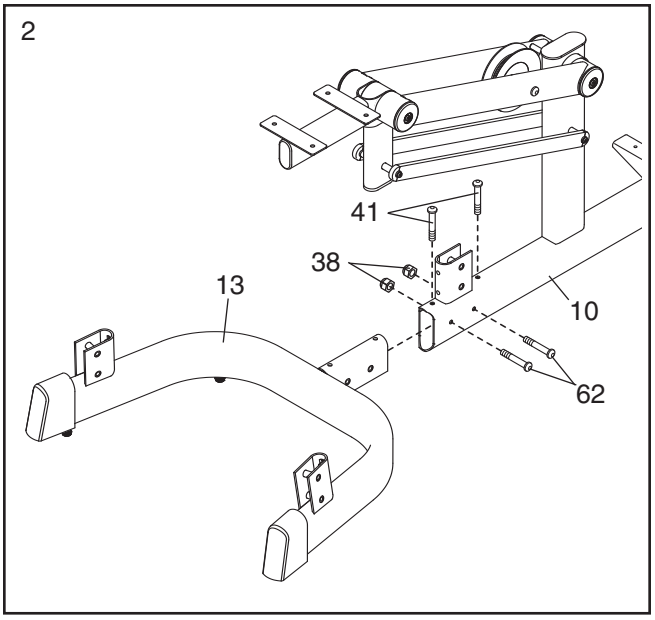
1. **Before beginning assembly, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be preassembled.**

Attach the Base (10) to the center column with four M10 x 19mm Hex Screws (40).

1 **Make sure that the five leveling feet are attached to the center column (sold separately). See the User's Manual included with the center column.**

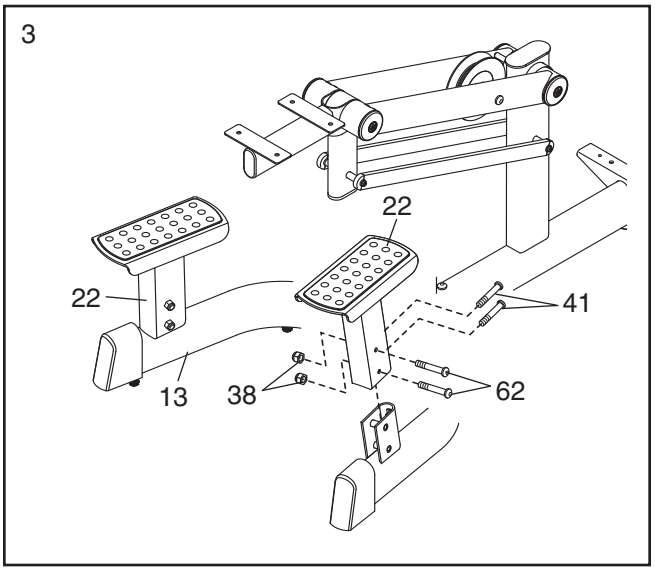


2. Attach the Stabilizer (13) to the Base (10) with two M10 x 19mm Screws (41), two M10 x 64mm Bolts (62), and two M10 Nylon Locknuts (38).

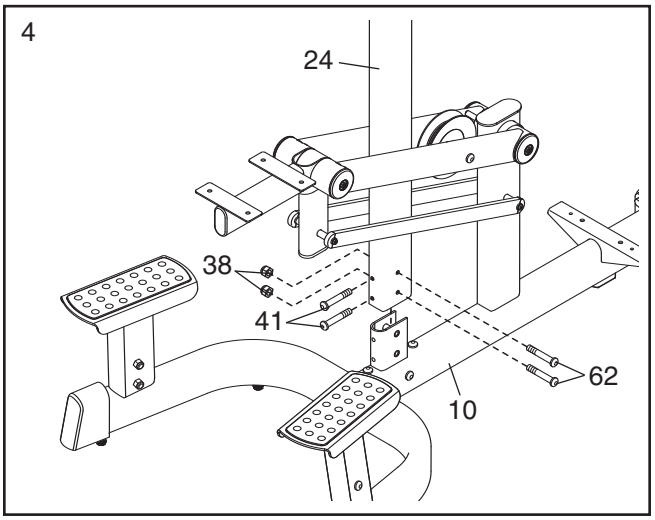


3. Attach a Foot Rest (22) to the Stabilizer (13) with two M10 x 19mm Screws (41), two M10 x 64mm Bolts (62), and two M10 Nylon Locknuts (38).

Attach the other Foot Rest (22) to the Stabilizer (13) in the same way.



4. Attach the Upright (24) to the Base (10) with two M10 x 19mm Screws (41), two M10 x 64mm Bolts (62), and two M10 Nylon Locknuts (38). **Do not tighten the Nylon Locknuts or the Screws yet.**

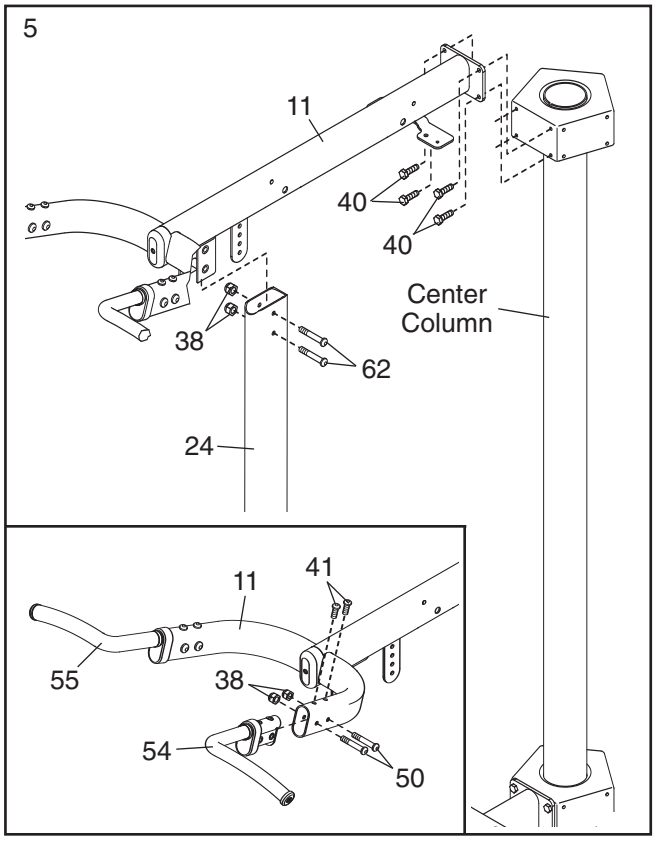


5. **See the inset drawing.** Attach the Right Handle (54) to the Top Frame (11) with two M10 x 19mm Screws (41), two M10 x 54mm Bolts (50), and two M10 Nylon Locknuts (38).

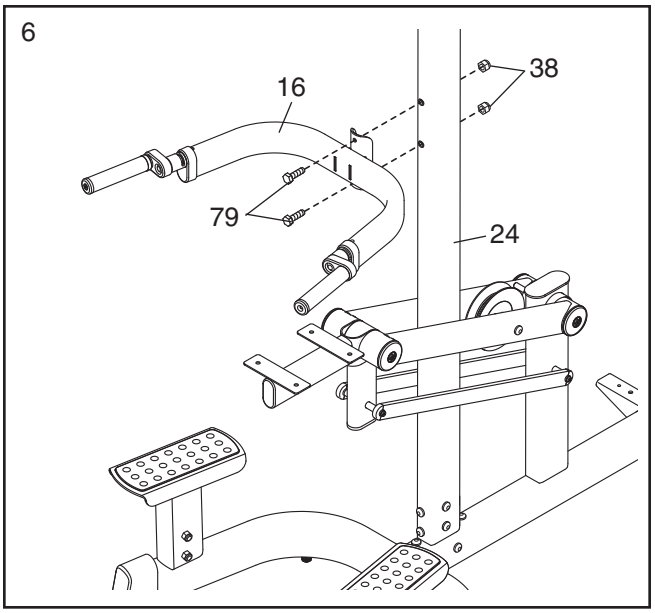
   Attach the Left Handle (55) to the Top Frame (11) in the same way.

   Attach the Top Frame (11) to the center column with four M10 x 19mm Hex Screws (40). **Do not tighten the Screws yet.**

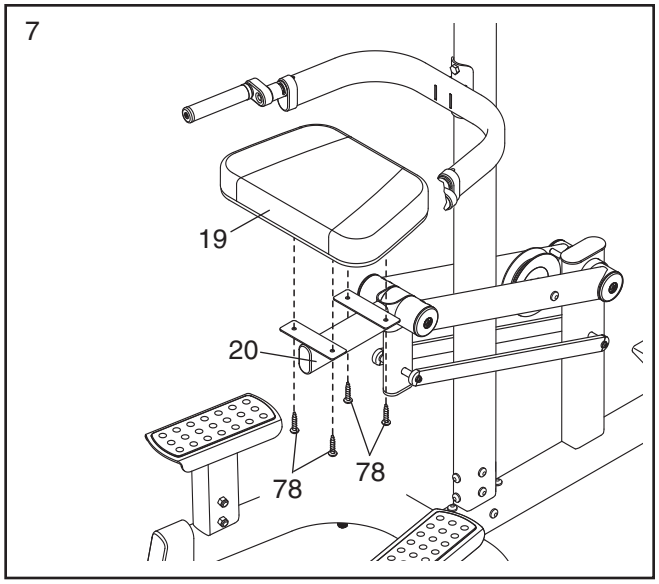
   Then, attach the Top Frame (11) to the Upright (24) with two M10 x 64mm Bolts (62) and two M10 Nylon Locknuts (38). **Do not tighten the Nylon Locknuts yet.**



6. Attach the Dip Frame (16) to the Upright (24) with two M10 x 140mm Bolts (79) and two M10 Nylon Locknuts (38).

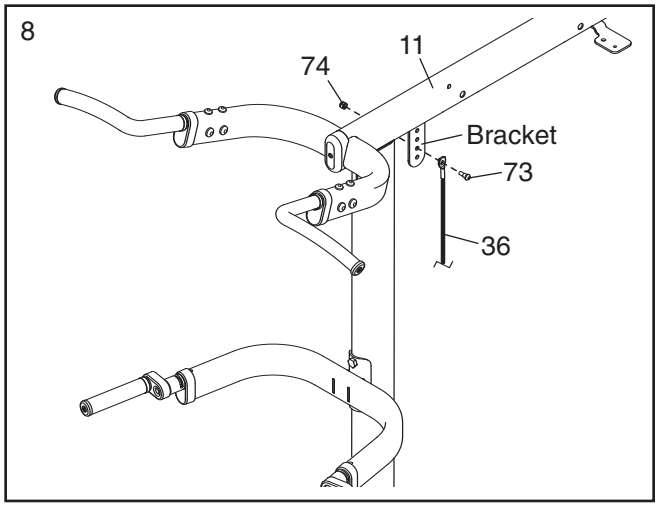


7. Attach the Knee Pad (19) to the Knee Pad Frame (20) with four M6 x 18mm Screws (78).

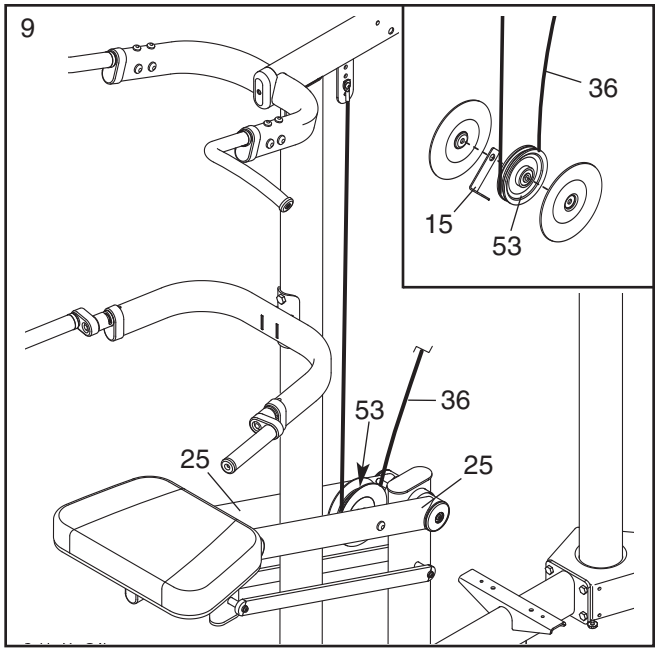


8. **Refer to the CABLE DIAGRAM on page 16 as you assemble the Cable (36).**

   Locate the Cable (36). Attach the eyelet end of the Cable at the second hole from the bottom of the indicated bracket on the Top Frame (11) with an M8 x 25mm Shoulder Bolt (73) and an M8 Nylon Locknut (74).

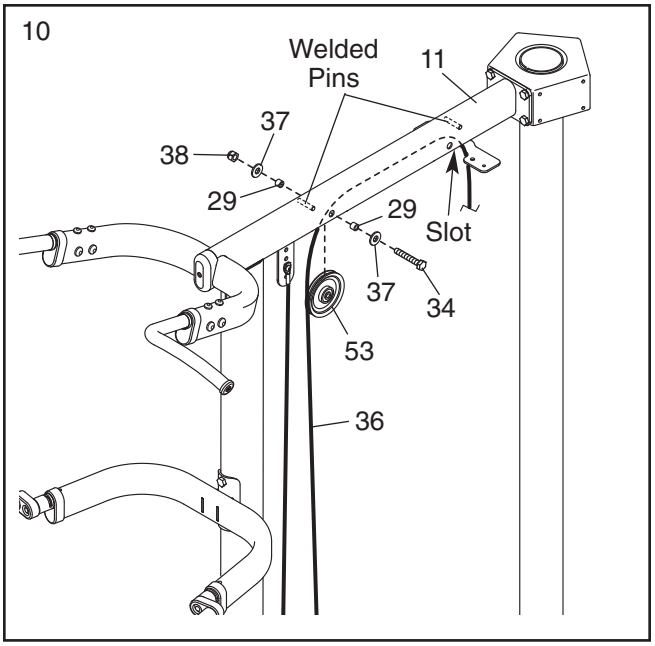


9. Route the Cable (36) under the Large Pulley (53) that is attached to the Large Knee Pad Supports (25) as shown. **Make sure that the Cable Trap (15) is oriented as shown in the inset drawing, and that the Cable is between the Cable Trap and the Large Pulley.**

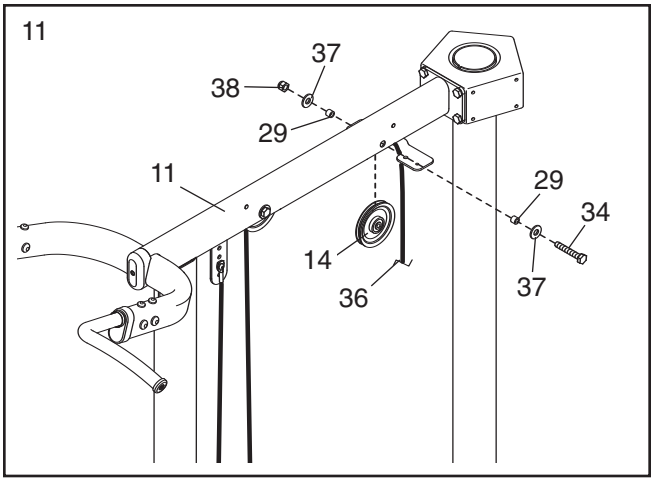


10. Feed the Cable (36) through the Top Frame (11) as shown; **make sure that the Cable is below the two welded pins inside the Top Frame.** Pull the end of the Cable out of the indicated slot in the Top Frame.

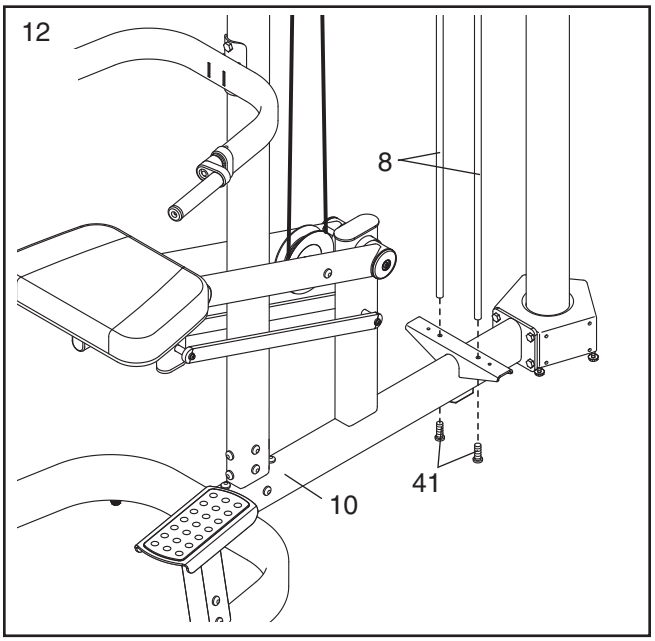
    Next, wrap the Cable (36) over a Large Pulley (53). Attach the Large Pulley inside the Top Frame (11) with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Nylon Locknut (38).



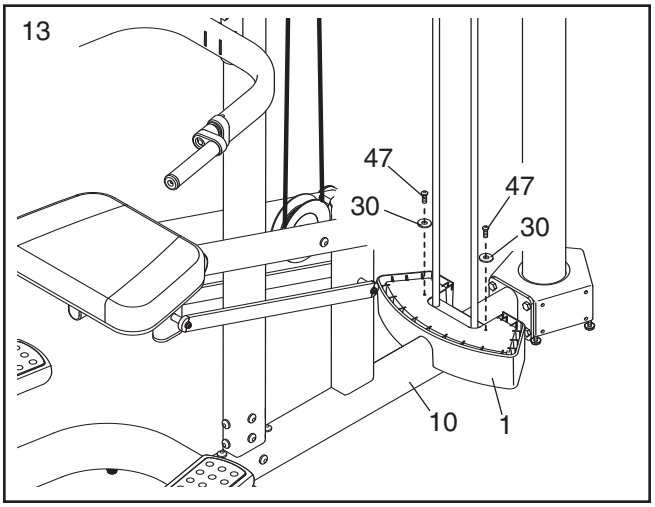
11. Wrap the Cable (36) over a Small Pulley (14). Attach the Small Pulley inside the Top Frame (11) with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Nylon Locknut (38).



12. Attach the two Weight Guides (8) to the Base (10) with two M10 x 19mm Screws (41). **Do not tighten the Screws yet.**

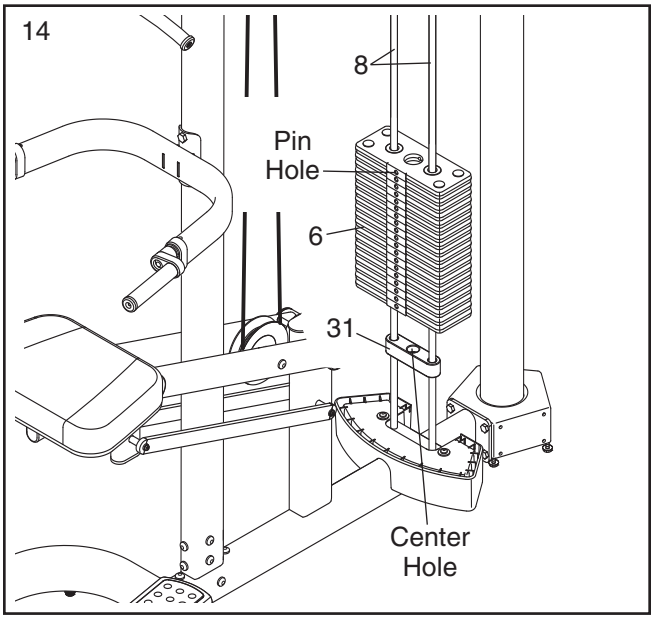


13. Attach the Shroud Base (1) to the Base (10) with two M5 x 25mm Screws (47) and two M6.5 Washers (30).



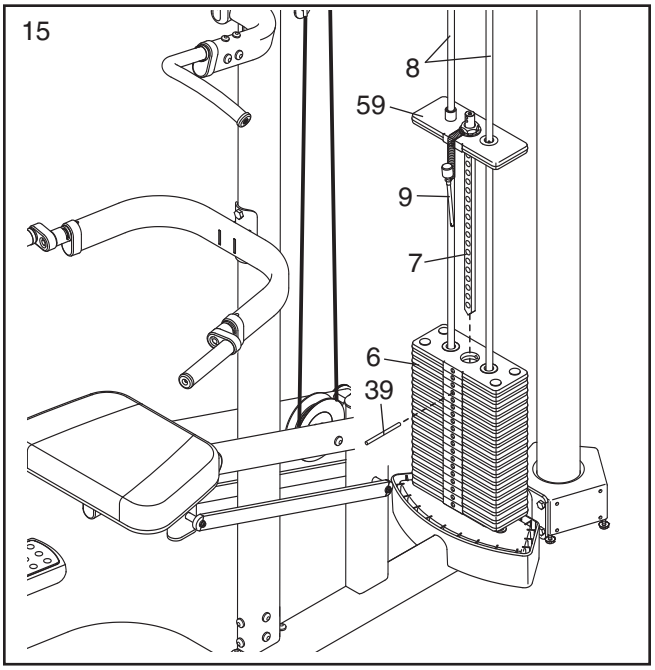
14. Orient the Weight Bumper (31) as shown, and slide it onto the Weight Guides (8).

    Orient the nineteen Weights (6) so that the pin holes are positioned as shown. Slide the Weights onto the Weight Guides (8).

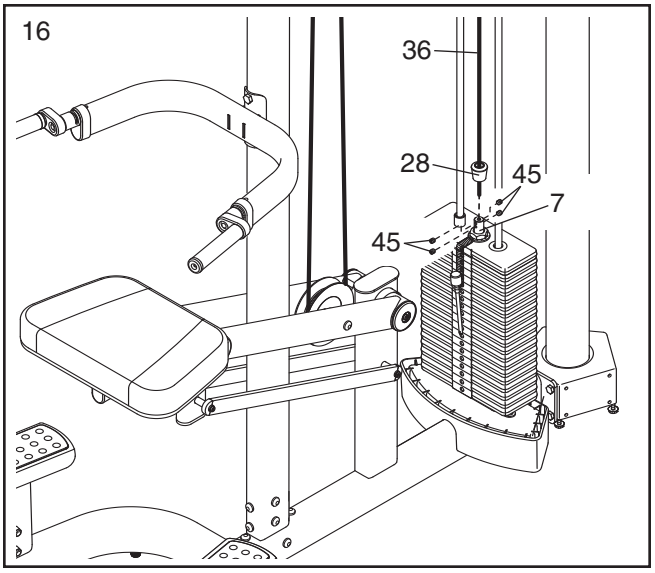


15. Orient the Top Weight (59) as shown. Slide the Top Weight onto the Weight Guides (8) and insert the Weight Tube (7) into the Weights (6). Then, insert the Weight Pin (9) into the Weights and the Weight Tube.

    Using a rubber mallet, insert the Lock Pin (39) into the **fourth** Weight (6) beneath the Top Weight (59).



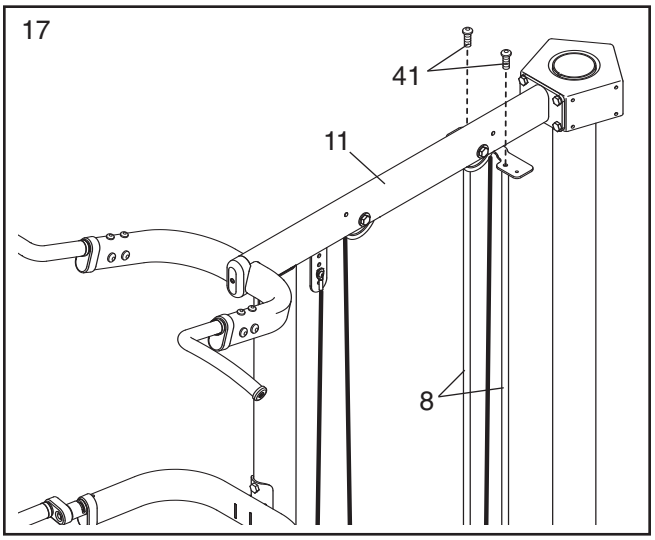
16. Slide the Weight Tube Cover (28) onto the Cable (36). Then, insert the Cable into the Weight Tube (7) until all four M8 x 8mm Set Screws (45) can be tightened against the Cable. Tighten each Set Screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).



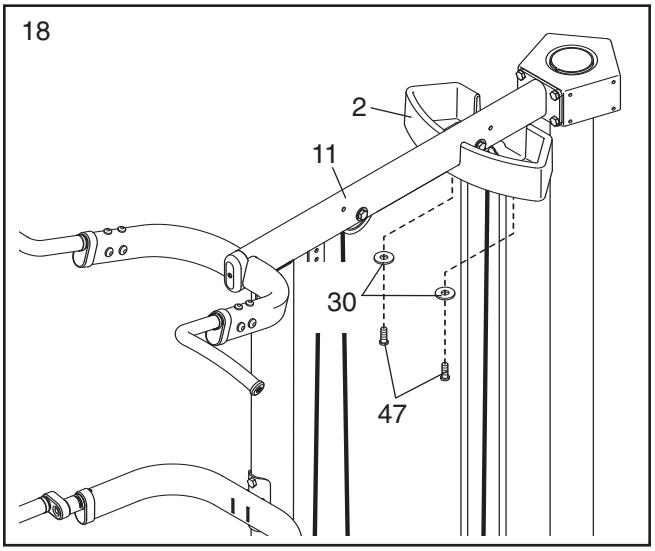
17. Attach the Weight Guides (8) to the Top Frame (11) with two M10 x 19mm Screws (41).

See steps 4 and 5. Tighten the M10 x 19mm Screws (41), the M10 x 19mm Hex Screws (40), and the M10 Nylon Locknuts (38).

See step 12. Tighten the M10 x 19mm Screws (41).



18. Attach the Shroud Top (2) to the Top Frame (11) with two M5 x 25mm Screws (47) and two M6.5 Washers (30).

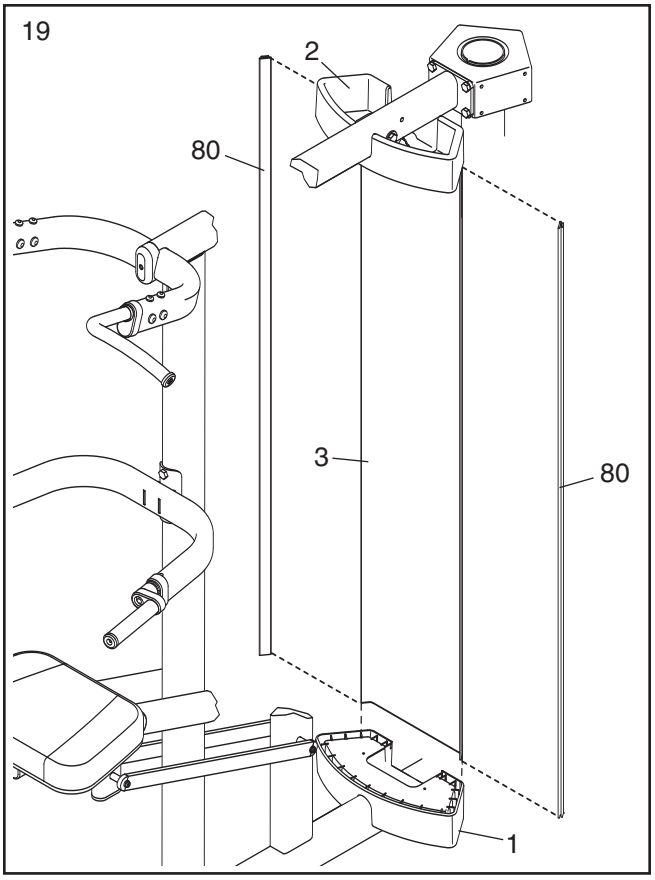


19. **Note: If attaching all the stations to the center column, it is not necessary to attach the Rear Shroud (3) and the Shroud Joints (80).**

For clarity, the weight stack is not shown in steps 19 and 20.

Lift the Rear Shroud (3) up into the back of the Shroud Top (2). Then, slide the Rear Shroud downward into the Shroud Base (1).

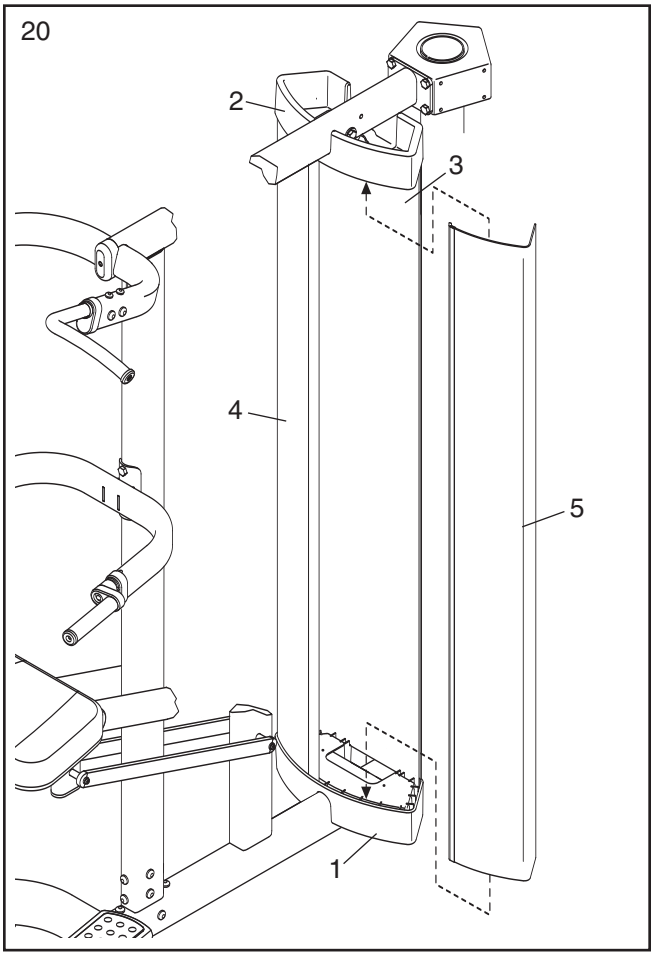
Press the Shroud Joints (80) onto both sides of the Rear Shroud (3). Have a second person hold the Shroud Joints until step 20 is completed.



20. Lift the Left Shroud (4) up into the front of the Shroud Top (2). Then, slide the Left Shroud downward into the Shroud Base (1).

Next, slide the Right Shroud (5) into the Shroud Base (1) in the same way.

Attach the Rear Shroud (3) to the Right Shroud (5) and the Left Shroud (4) with the two Shroud Joints (not shown).



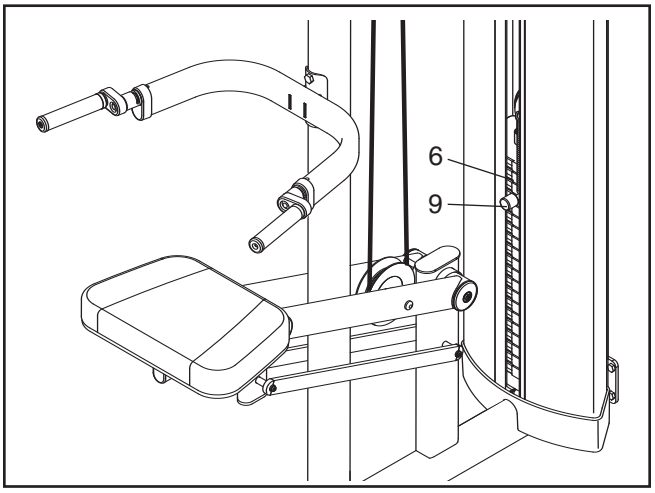
21. **Make sure that all parts are properly tightened before you use the weight station.** The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 14.

ADJUSTMENT

This section explains how to adjust the weight station. See the EXERCISE GUIDELINES on page 17 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

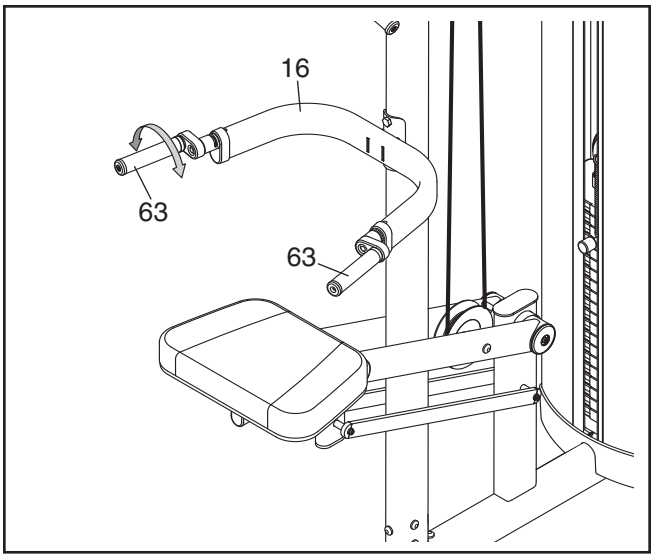
CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (9) into the hole in the desired Weight (6). **Make sure that the Weight Pin is inserted through the Weight Tube (not shown).**



ADJUSTING THE DIP FRAME

Before using the Dip Frame (16), rotate the Dip Frame Handles (63) to the narrow position or the wide position.



MAINTENANCE

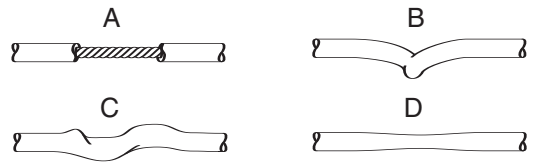
Make sure that all parts are properly tightened each time the weight station is used. Replace any worn parts immediately. Clean the weight station with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight station**.

WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON® or silicone-based lubricants.**

CABLE INSPECTION

Check the entire length of each cable by slowly performing one repetition on the exercise equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the conditions shown on the right, which may indicate a worn cable in need of replacement.



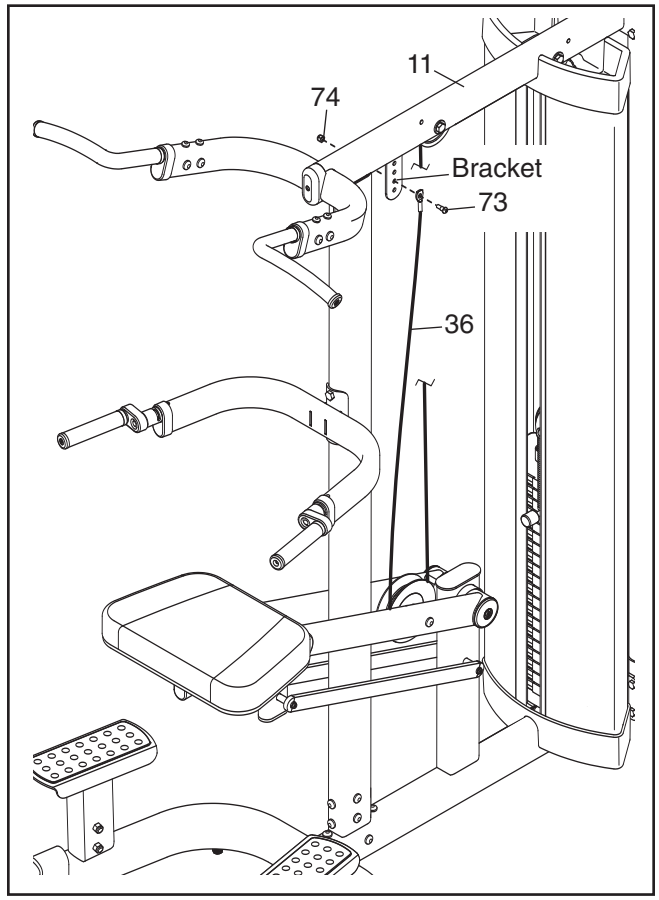
A. torn or split cable sheath
B. kinked or severely bent cable
C. curled or twisted sheath
D. stretched or thinning cable sheath

CABLE ADJUSTMENT

Woven cable, the type of cable used on the weight station, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Remove the M8 Nylon Locknut (74) and the M8 x 25mm Shoulder Bolt (73) from the indicated bracket and the Cable (36). Reattach the Cable to the Top Frame (11) at a higher hole in the bracket.

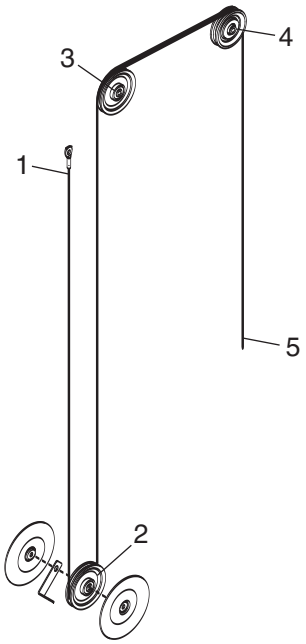
Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.



CABLE DIAGRAM

The diagram at the right shows the proper routing of the cable. The numbers in the drawing show the proper routing for the cable. Use the diagram to make sure that the cable and cable trap are assembled correctly. If the cable and cable trap are not assembled correctly, the weight station will not function properly and damage may occur. **Make sure that the cable trap does not touch or bind the cable.**

Cable (36)
Length: 14 ft. 10 in. (5 m)



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

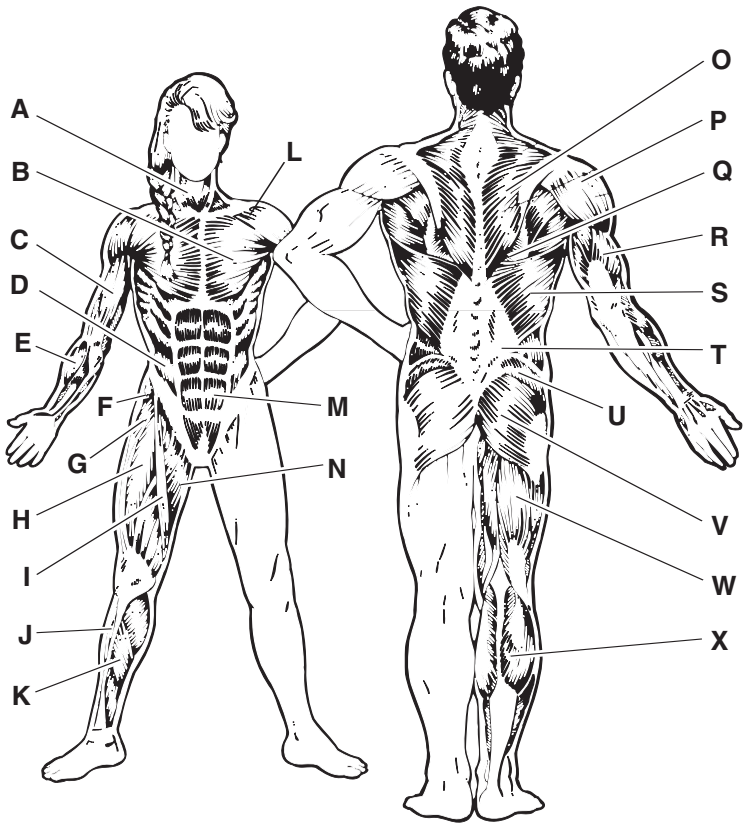
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

WARRANTY PERIODS AND COVERAGE

Residential and Light Commercial
Frame: Lifetime
Parts: 10 years
Cables/Belts: 1 year
Upholstery and Accessories: 90 days
Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The 1-year labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, improper service.
4. Users in excess of 350 lbs. (159 kg) in weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spas and pools.

This warranty shall not apply to the following:
1. Cosmetic items including grips, decals, and labels.
2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased your equipment. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, cost of removal, installation or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights and you may have other rights that vary from state to state.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

PART LIST—Model No. VMSY80807.0

R0807A

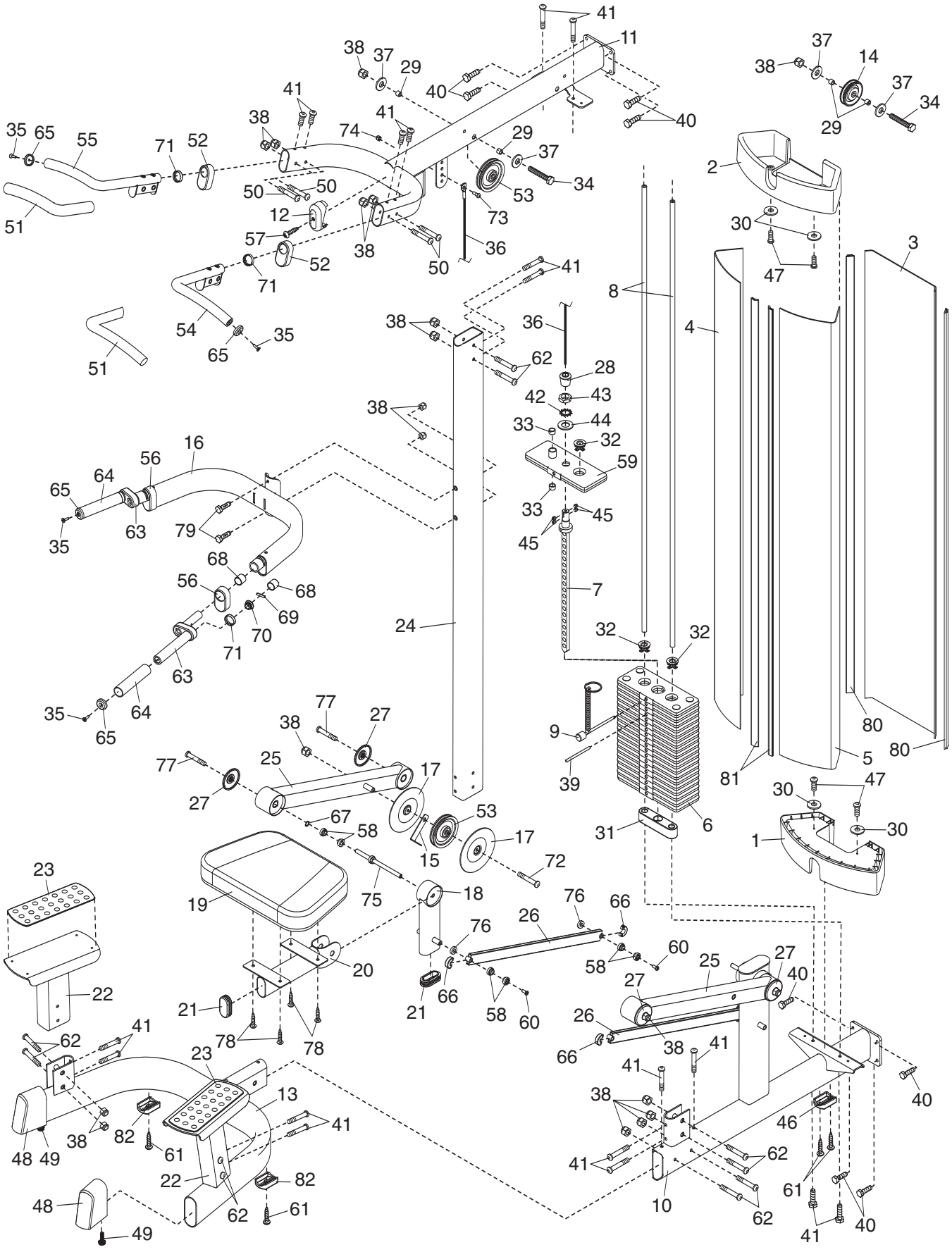
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description
1	1	Shroud Base
2	1	Shroud Top
3	1	Rear Shroud
4	1	Left Shroud
5	1	Right Shroud
6	19	Weight
7	1	Weight Tube
8	2	Weight Guide
9	1	Weight Pin
10	1	Base
11	1	Top Frame
12	1	Top Frame Cap
13	1	Stabilizer
14	1	Small Pulley
15	1	Cable Trap
16	1	Dip Frame
17	2	Pulley Guard
18	1	Knee Pad Post
19	1	Knee Pad
20	1	Knee Pad Frame
21	2	Knee Pad Frame Cap
22	2	Foot Rest
23	2	Foot Rest Plate
24	1	Upright
25	2	Large Knee Pad Support
26	2	Small Knee Pad Support
27	4	Large Knee Pad Support Cap
28	1	Weight Tube Cover
29	4	Pulley Spacer
30	4	M6.5 Washer
31	1	Weight Bumper
32	39	Weight Bushing
33	2	Top Weight Spacer
34	2	M10 x 66mm Bolt
35	4	M6.5 x 25mm Screw
36	1	Cable
37	4	M10 Washer
38	21	M10 Nylon Locknut
39	1	Lock Pin
40	8	M10 x 19mm Hex Screw
41	18	M10 x 19mm Screw
42	1	Star Washer
43	1	M25 Nut
44	1	Large Washer
45	4	M8 x 8mm Set Screw
46	1	Base Foot
47	4	M5 x 25mm Screw
48	2	Stabilizer Cap
49	2	Leveling Foot
50	4	M10 x 54mm Bolt
51	2	Pull-up Handle Grip
52	2	Handle Cap
53	2	Large Pulley
54	1	Right Handle
55	1	Left Handle
56	2	Dip Frame Cap
57	1	M4 x 25mm Screw
58	10	Bearing
59	1	Top Weight
60	4	M10 x 152mm Bolt
61	4	M4 x 13mm Bolt
62	10	M10 x 64mm Bolt
63	2	Dip Frame Handle
64	2	Dip Frame Handle Grip
65	4	Handle Grip Cap
66	4	Small Knee Pad Post Cap
67	4	M12.7 Wave Washer
68	4	Handle Spacer
69	2	Handle Rod
70	2	25mm Round Inner Cap
71	4	Collar
72	1	M10 x 202mm Bolt
73	1	M8 x 25mm Shoulder Bolt
74	1	M8 Nylon Locknut
75	1	Knee Pad Support Rod
76	2	Knee Pad Support Spacer
77	4	M8 x 13mm Screw
78	4	M6 x 18mm Screw
79	2	M10 x 140mm Bolt
80	2	Shroud Joint
81	2	Shroud Edging
82	2	Stabilizer Foot
*	–	User's Manual
*	–	Exercise Guide
*	–	Hex Key
*	–	Grease Packet

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. VMSY80807.0

R0807A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the address or phone number listed below. Please be prepared to provide the following information:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

Call
Toll-free in the US: 1-866-799-8946, Mon.–Fri. 8 am–5 pm MST
International: +1-719-533-2911

Email
US: fmfvmcustomerservice@freemotionfitness.com
International: intlcustomercare@freemotionfitness.com

Write
FreeMotion Fitness
1096 Elkton Drive Suite 600
Colorado Springs, CO 80907

Part No. 252594 R0807A
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FREEMOTION®

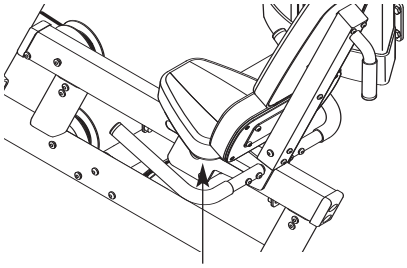
CARBON™

Leg Press

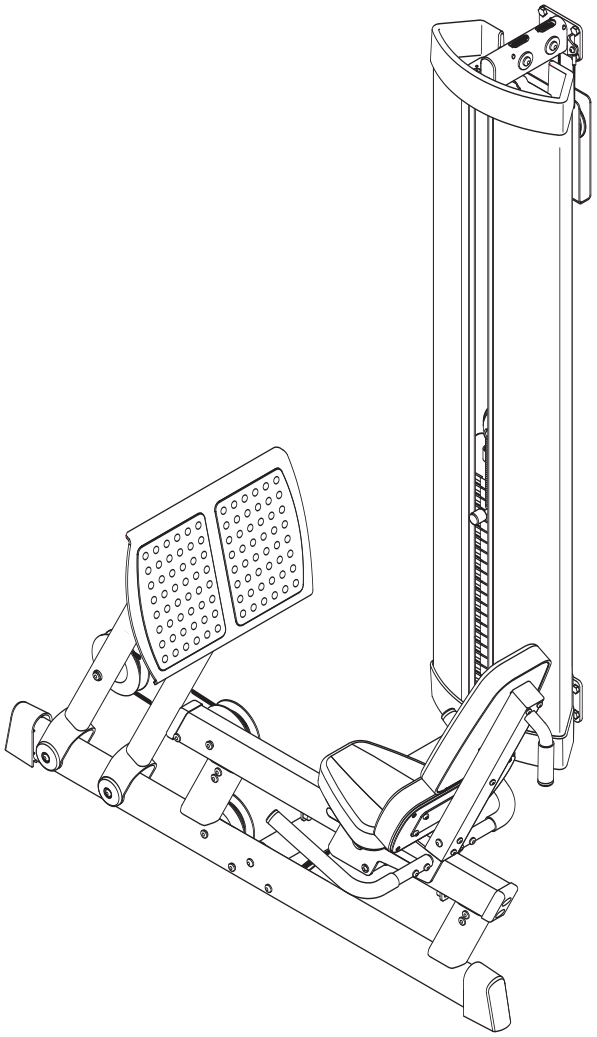
USER'S MANUAL

Model No. VMSY80907.0
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)



QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.freemotionfitness.com

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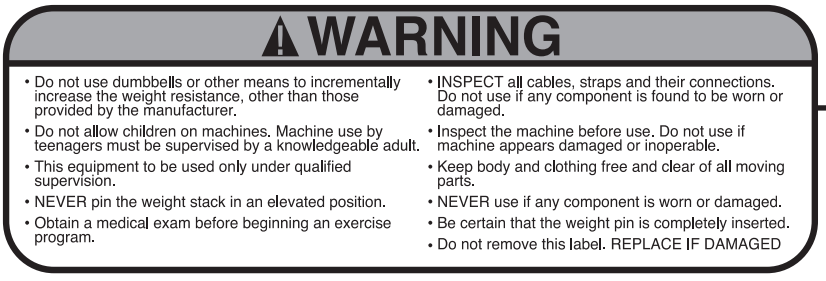
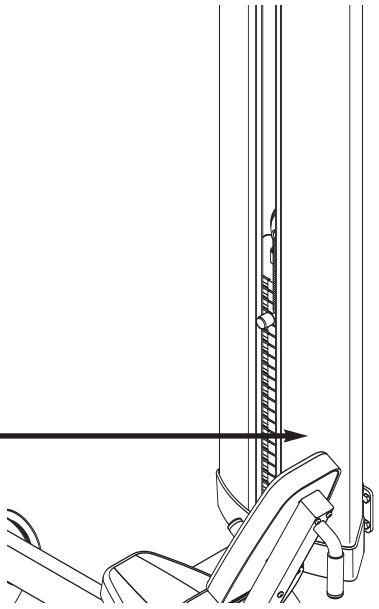
HOW TO CONTACT CUSTOMER CARE . . . . . .Back Cover

WARNING DECAL PLACEMENT

The decal shown here has been placed in the indicated location. **If the decal is missing or illegible, call the telephone number on the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.


WARNING
• Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
• Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
• This equipment to be used only under qualified supervision.
• NEVER pin the weight stack in an elevated position.
• Obtain a medical exam before beginning an exercise program.
• INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
• Inspect the machine before use. Do not use if machine appears damaged or inoperable.
• Keep body and clothing free and clear of all moving parts.
• NEVER use if any component is worn or damaged.
• Be certain that the weight pin is completely inserted.
• Do not remove this label. REPLACE IF DAMAGED



FREEMOTION is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight station before using the weight station. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of the weight station.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **Use the weight station only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight station are adequately informed of all precautions.**
4. **Keep the weight station indoors, away from moisture and dust. Place the weight station on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight station to mount, dismount, and use it.**
5. **Keep hands and feet away from moving parts.**
6. **Keep children under age 12 and pets away from the weight station at all times.**
7. **The weight station is designed to support a maximum user weight of 350 lbs. (159 kg).**
8. **Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.**
9. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
10. **Make sure that the cables remain on the pulleys at all times. If a cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys.**
11. **Always make sure that the weight pin is fully inserted into the weight stack before you exercise.**
12. **If assembling the PRESS station (model no. VMSY80707.0) or the LEG PRESS station with the LEG DEVELOPER station (model no. VMSY80607.0), make sure that the LEG DEVELOPER station is positioned on the right of the PRESS station and the LEG PRESS station to avoid interference.**
13. **If assembling the LEG PRESS station with the Press station (model no. VMSY80707.0), make sure that these two stations are not positioned next to each other.**
14. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

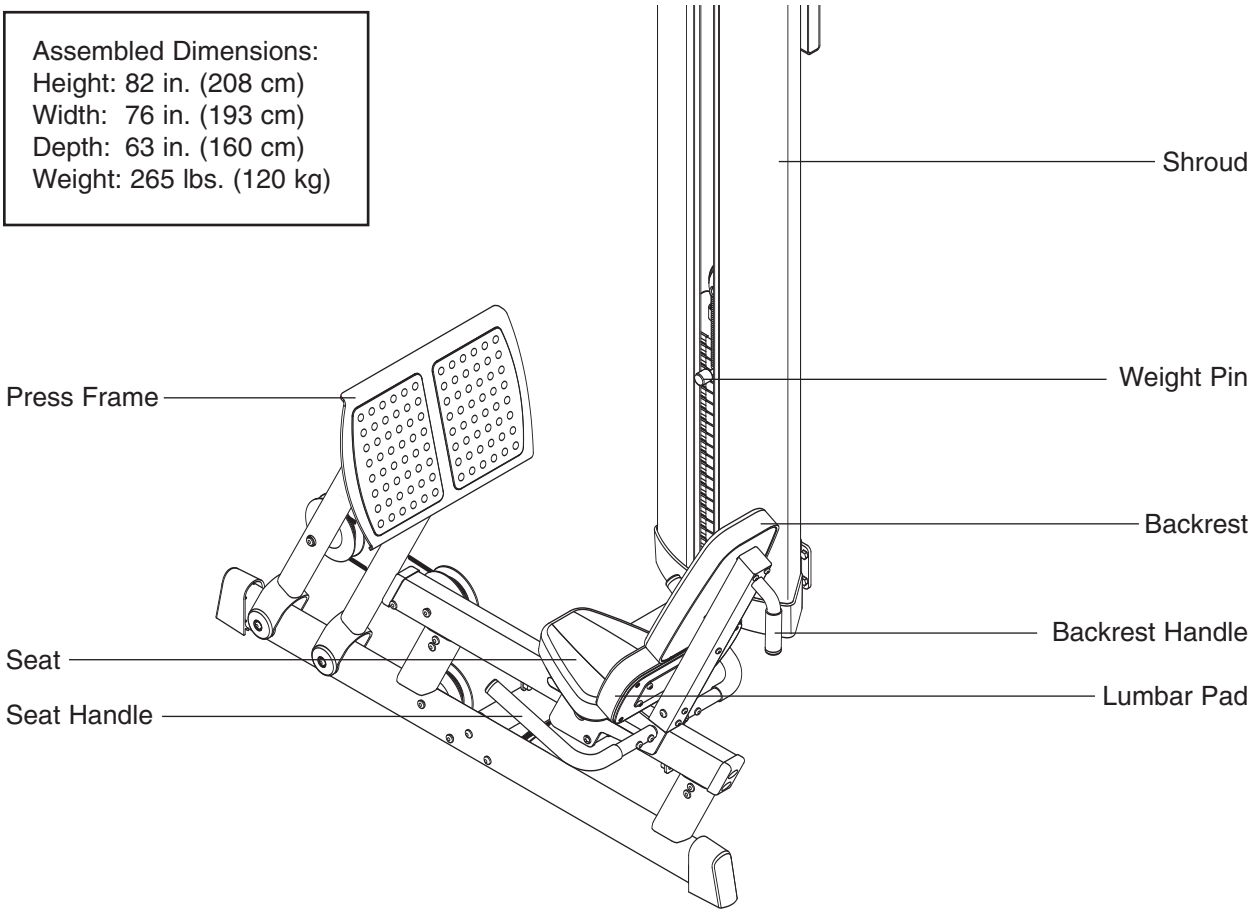
BEFORE YOU BEGIN

Thank you for selecting the LEG PRESS station for the versatile FREEMOTION® CARBON™ weight system. This station is one of a series of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results that you want.

For your benefit, read this manual carefully before you use the weight station. If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. To help us assist you, note the product number and serial number before contacting us. The model number and the location of the serial number are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

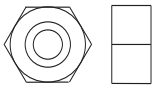
Assembled Dimensions:
Height: 82 in. (208 cm)
Width: 76 in. (193 cm)
Depth: 63 in. (160 cm)
Weight: 265 lbs. (120 kg)



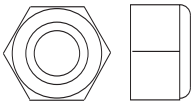
Note: The FREEMOTION CARBON weight system can include the following weight stations (sold separately): the TRAVELING PULLEY station (model no. VMSY80507.0), the LEG DEVELOPER station (model no. VMSY80607.0), the PRESS station (model no. VMSY80707.0), the WEIGHT ASSIST station (model no. VMSY80807.0), and the LEG PRESS station (model no. VMSY80907.0). To purchase additional stations, please call the telephone number on the back cover of this manual.

PART IDENTIFICATION CHART

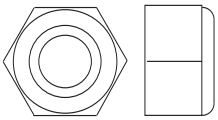
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



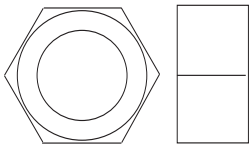
M6 x 6mm Nut (74)



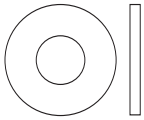
M8 Nylon Locknut (72)



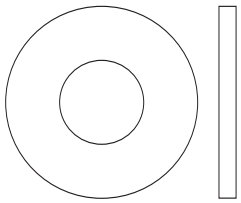
M10 Nylon Locknut (38)



M12 Nylon Locknut (69)

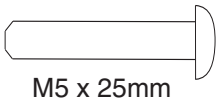


M6.5 Washer (87)

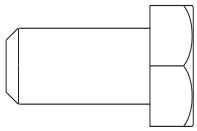


M10 Washer (37)

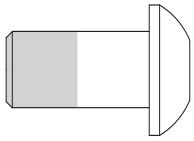
M8 x 8mm
Set Screw (45)



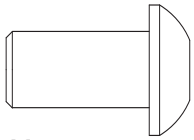
M5 x 25mm
Screw (47)



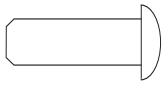
M10 x 19mm
Hex Screw (40)



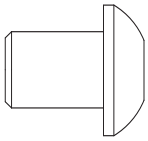
M10 x 19mm
Patch Bolt (62)



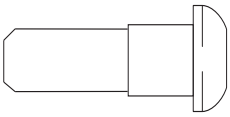
M10 x 19mm
Screw (41)



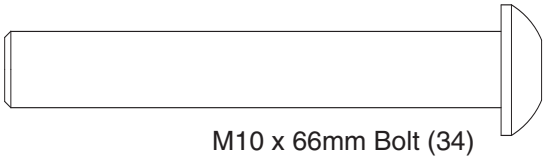
M6 x 18mm
Screw (35)



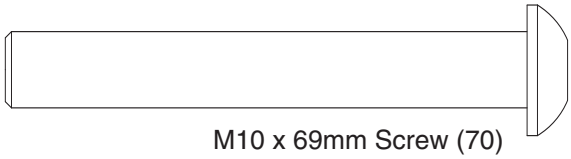
M10 x 13mm
Screw (61)



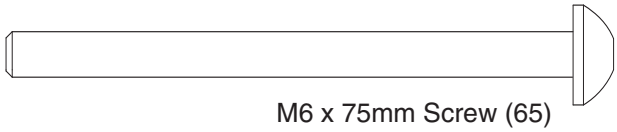
M8 x 25mm Shoulder Bolt (71)



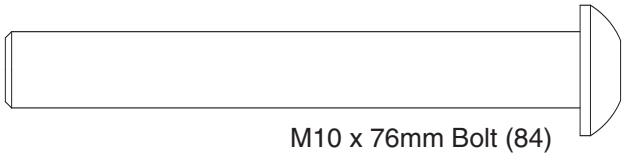
M10 x 66mm Bolt (34)



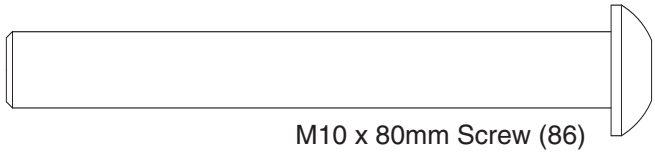
M10 x 69mm Screw (70)



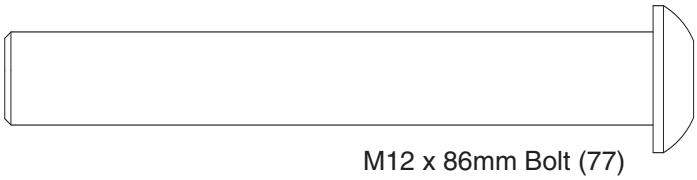
M6 x 75mm Screw (65)



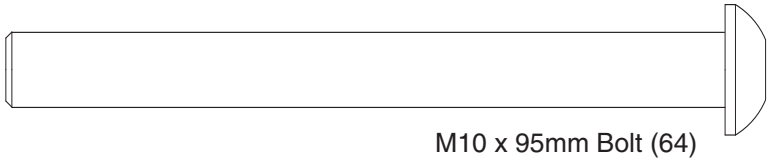
M10 x 76mm Bolt (84)



M10 x 80mm Screw (86)

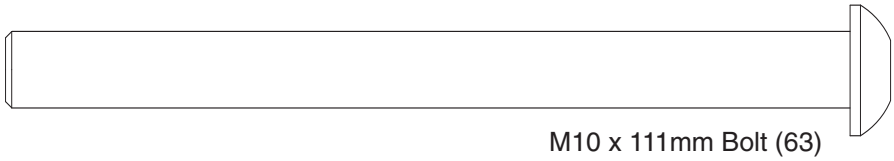


M12 x 86mm Bolt (77)



M10 x 95mm Bolt (64)

M10 x 100mm Bolt (89)



M10 x 111mm Bolt (63)

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight station can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight station should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight station as you assemble it. **If attaching additional stations to the column, leave enough clearance for those stations.**
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight station, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- The included grease and the following tools (not included) may be required for assembly:

Two adjustable wrenches

One rubber mallet

One standard screwdriver

One Phillips screwdriver

One torque wrench (not shown)

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be preassembled.**

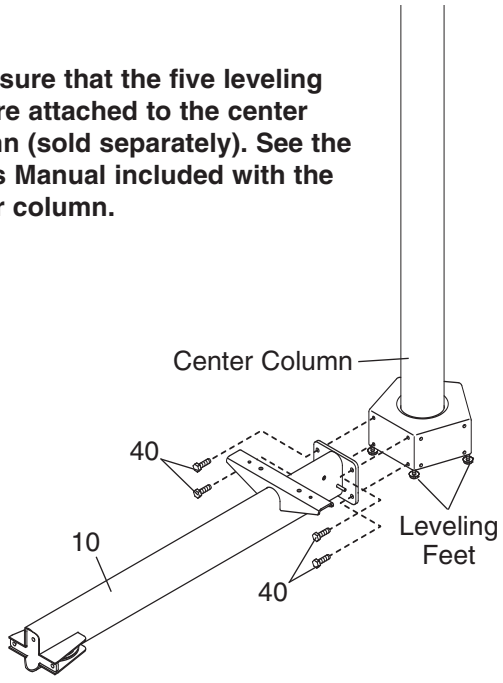
IMPORTANT: To prevent interference, the LEG DEVELOPER (model no. VMSY80607.0) must be positioned on the right of the PRESS station (model no. VMSY80707.0) and the LEG PRESS station.

If assembling the LEG PRESS station with the PRESS station (model no. VMSY80707.0), make sure that these two stations are not positioned next to each other.

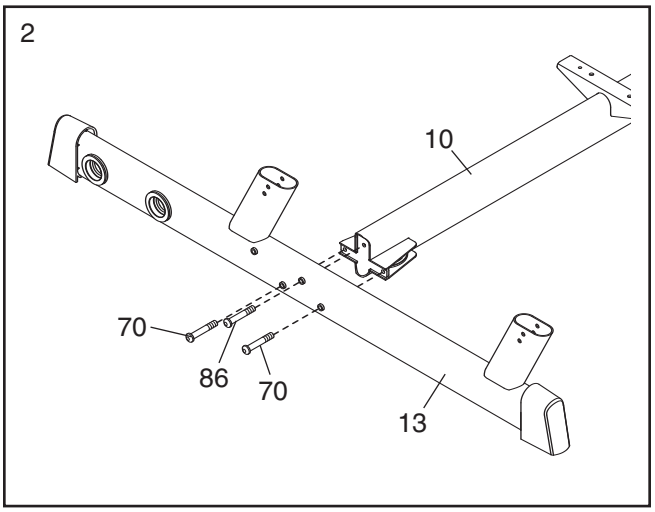
Attach the Base (10) to the center column with four M10 x 19mm Hex Screws (40).

1

Make sure that the five leveling feet are attached to the center column (sold separately). See the User's Manual included with the center column.

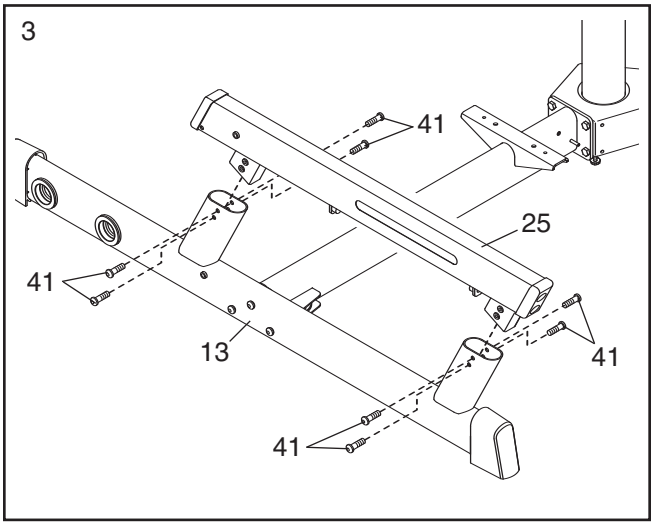


2. Attach the Stabilizer (13) to the Base (10) with an M10 x 80mm Screw (86) and two M10 x 69mm Screws (70).



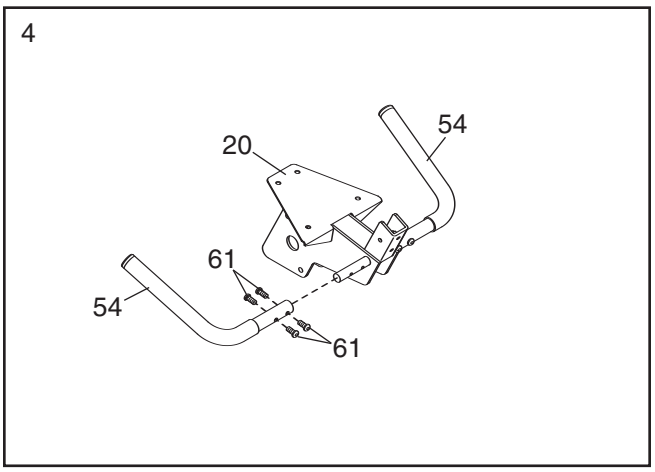
3. **Note: If the Seat Frame (25) is already attached to the Stabilizer (13), go to step 4.**

   Attach the Seat Frame (25) to the Stabilizer (13) with eight M10 x 19mm Screws (41).

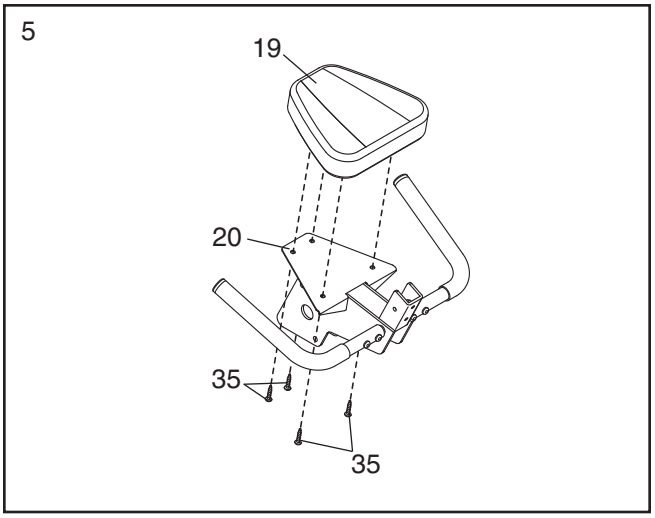


4. Attach a Seat Handle (54) to the Seat Carriage (20) with four M10 x 13mm Screws (61).

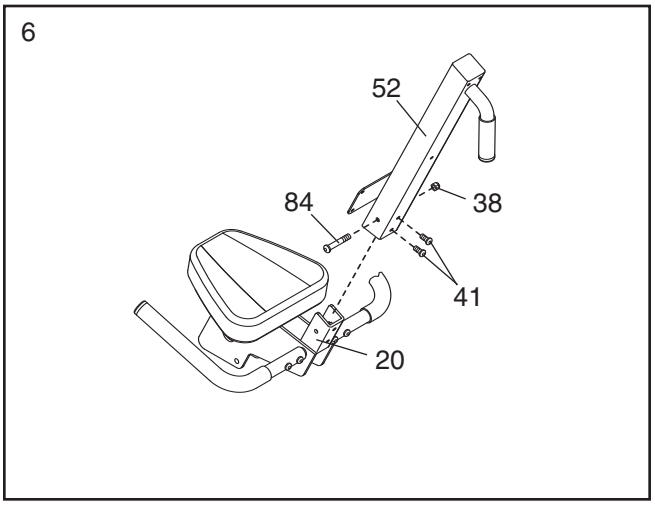
   Attach the other Seat Handle (54) to the Seat Carriage (20) in the same way.



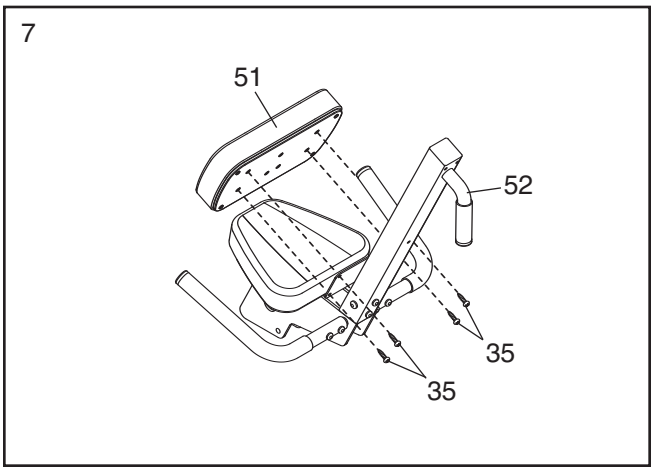
5. Attach the Seat (19) to the Seat Carriage (20) with four M6 x 18mm Screws (35).



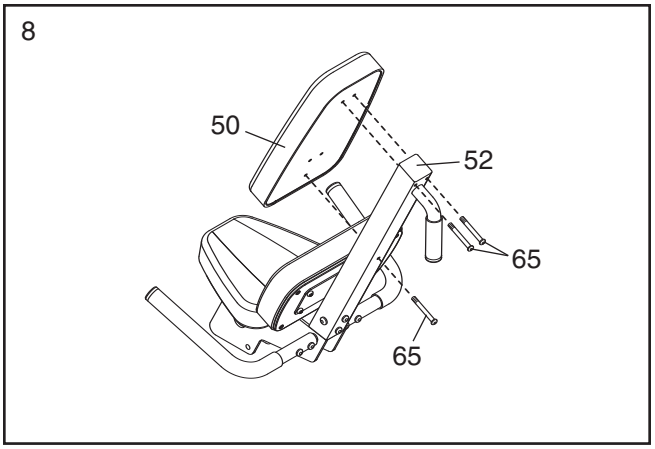
6. Attach the Backrest Frame (52) to the Seat Carriage (20) with two M10 x 19mm Screws (41), an M10 x 76mm Bolt (84), and an M10 Nylon Locknut (38).



7. Attach the Lumbar Pad (51) to the Backrest Frame (52) with four M6 x 18mm Screws (35).

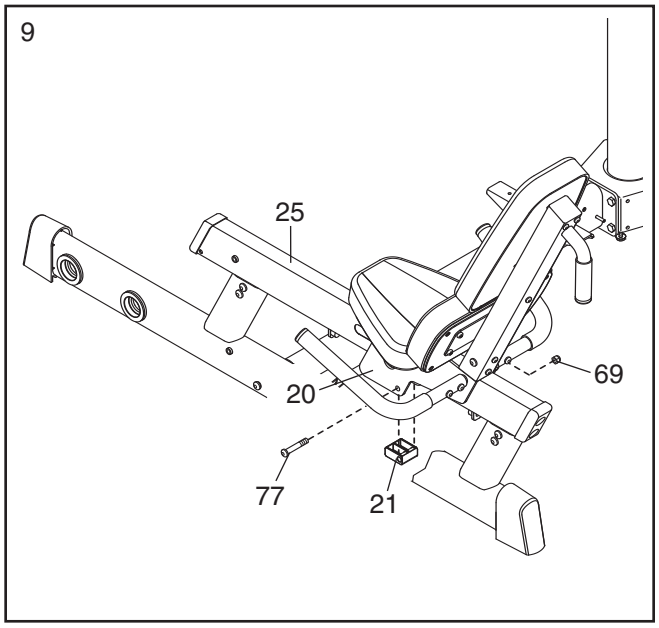


8. Attach the Backrest (50) to the Backrest Frame (52) with three M6 x 75mm Screws (65).



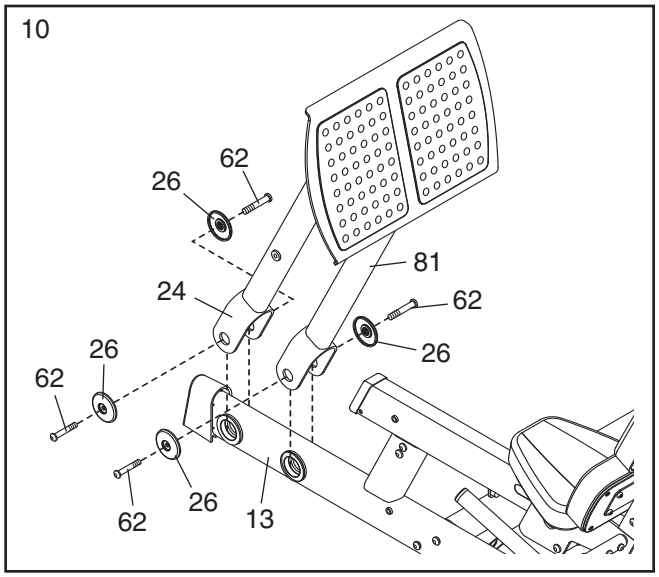
9. Remove the M12 Nylon Locknut (69), the M12 x 86mm Bolt (77), and the Seat Carriage Cap (21) from the Seat Carriage (20).

   Orient the Seat Carriage (20) as shown and set it on the Seat Frame (25). Then, reattach the M12 x 86mm Bolt (77), the M12 Nylon Locknut (69), and the Seat Carriage Cap (21) to the Seat Carriage.

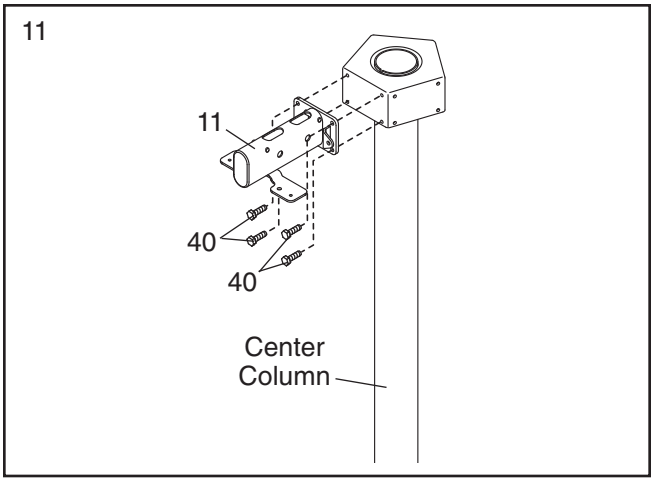


10. Attach the Large Press Frame Support (24) to the Stabilizer (13) with two M10 x 19mm Patch Bolts (62) and two Press Frame Caps (26).

    Attach the Small Press Frame Support (81) to the Stabilizer (13) in the same way.

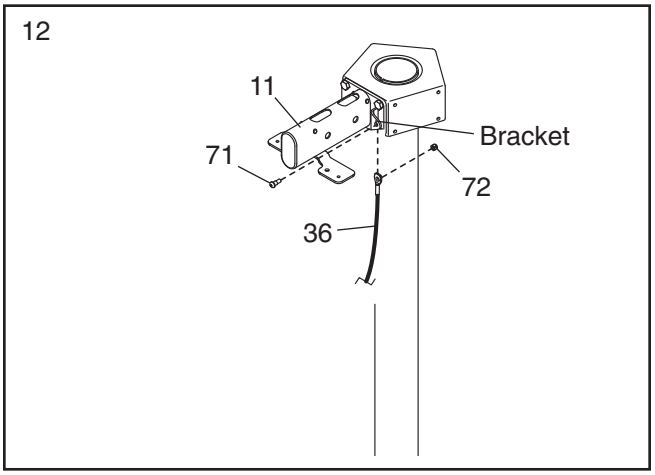


11. Attach the Top Frame (11) to the center column with four M10 x 19mm Hex Screws (40). **Do not tighten the Hex Screws yet.**

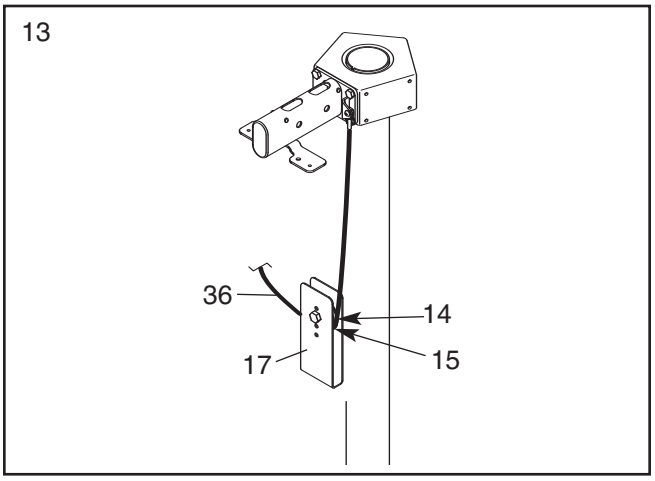


12. **See the CABLE DIAGRAM on page 19 to identify the cables as you assemble them.**

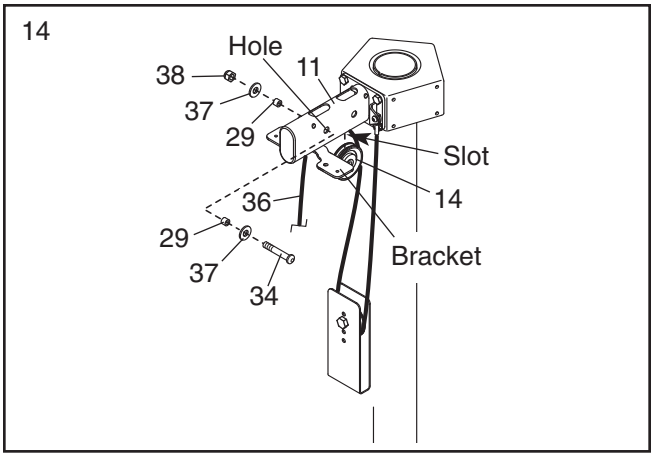
    Identify the Short Cable (36). Attach the eyelet end of the Cable **behind** the indicated bracket on the Top Frame (11) with an M8 x 25mm Shoulder Bolt (71) and an M8 Nylon Locknut (72).



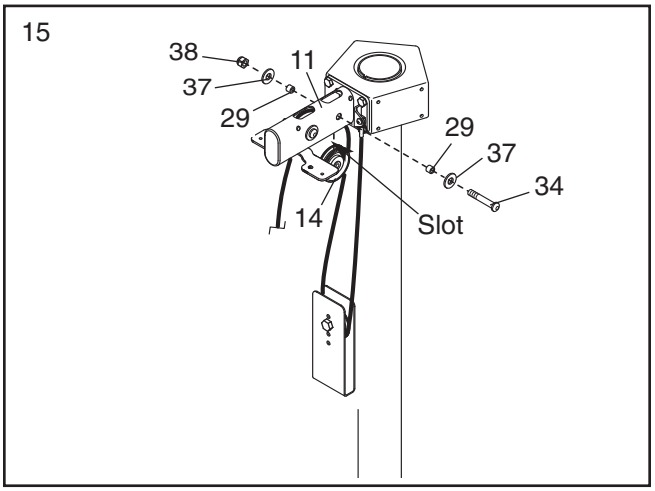
13. Route the Short Cable (36) under the Small Pulley (14) that is attached to the "U"-bracket (17). **Make sure that the Cable is between the Small Pulley and the Small Cable Trap (15).**



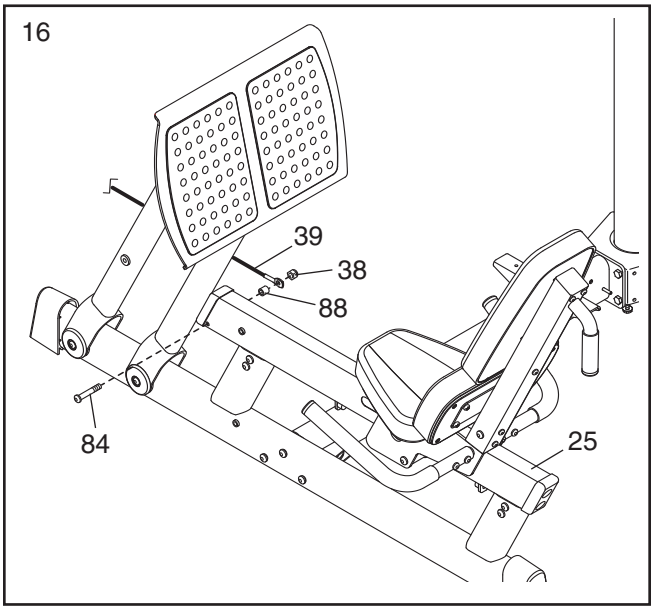
14. Route the Short Cable (36) through the Top Frame (11) and over the indicated bracket. Insert a Small Pulley (14) up into the indicated slot in the Top Frame so that the Cable is on top of the Small Pulley. Attach the Small Pulley at the indicated hole with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Nylon Locknut (38).



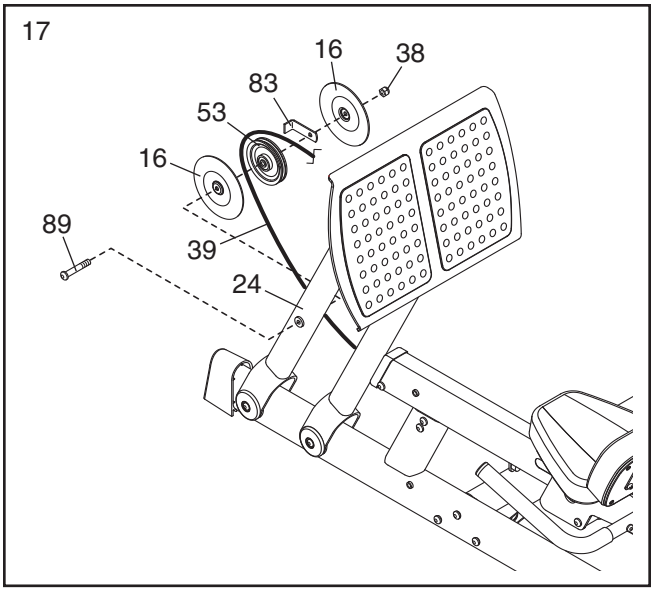
15. Insert another Small Pulley (14) up into the indicated slot in the Top Frame (11). Attach the Small Pulley with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Nylon Locknut (38).



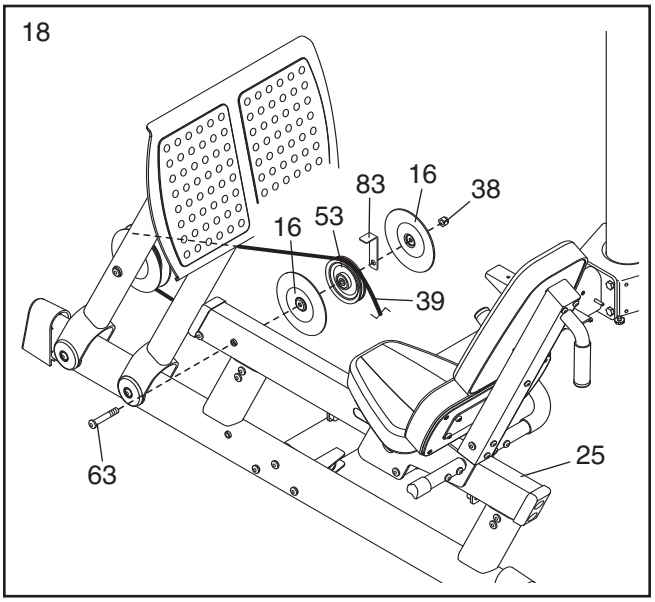
16. **Identify the Long Cable (39).** Attach the Cable to the Seat Frame (25) with an M10 x 76mm Bolt (84), a Seat Frame Spacer (88), and an M10 Nylon Locknut (38).



17. Wrap the Long Cable (39) under a Large Pulley (53). Attach the Large Pulley, a Large Cable Trap (83), and two Round Pulley Guards (16) to the Large Press Frame Support (24) with an M10 x 100mm Bolt (89) and an M10 Nylon Locknut (38). **Make sure that the Large Cable Trap is oriented as shown, and that the Cable is between the Large Cable Trap and the Large Pulley.**

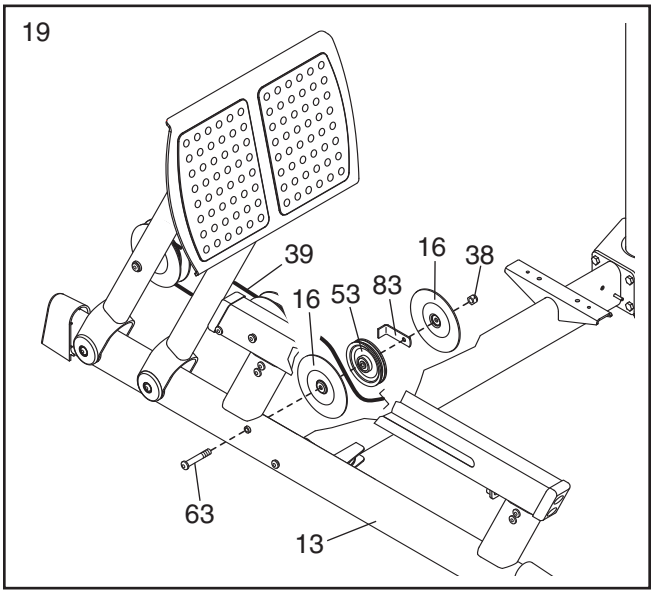


18. Wrap the Long Cable (39) over a Large Pulley (53). Attach the Large Pulley, a Large Cable Trap (83), and two Round Pulley Guards (16) to the Seat Frame (25) with an M10 x 111mm Bolt (63) and an M10 Nylon Locknut (38). **Make sure that the Large Cable Trap is oriented as shown, and that the Cable is between the Large Cable Trap and the Large Pulley.**



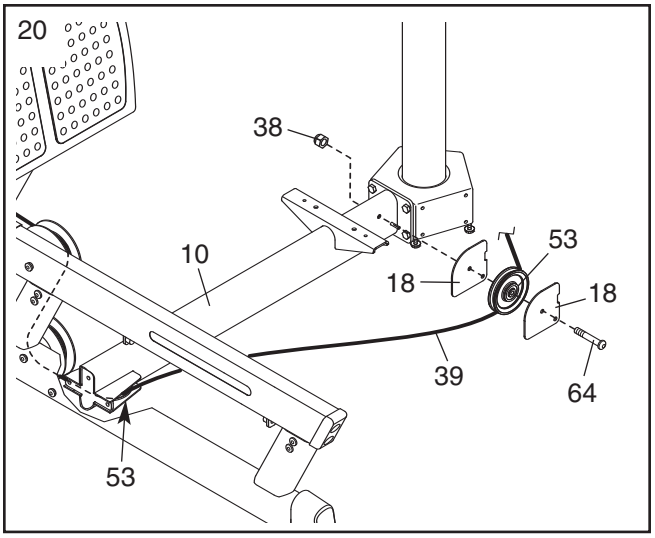
19. **Note: For clarity, the Seat is not shown in the remaining steps.**

    Wrap the Long Cable (39) under a Large Pulley (53). Attach the Large Pulley, a Large Cable Trap (83), and two Round Pulley Guards (16) to the Stabilizer (13) with an M10 x 111mm Bolt (63) and an M10 Nylon Locknut (38). **Make sure that the Large Cable Trap is oriented as shown, and that the Cable is between the Large Cable Trap and the Large Pulley.**

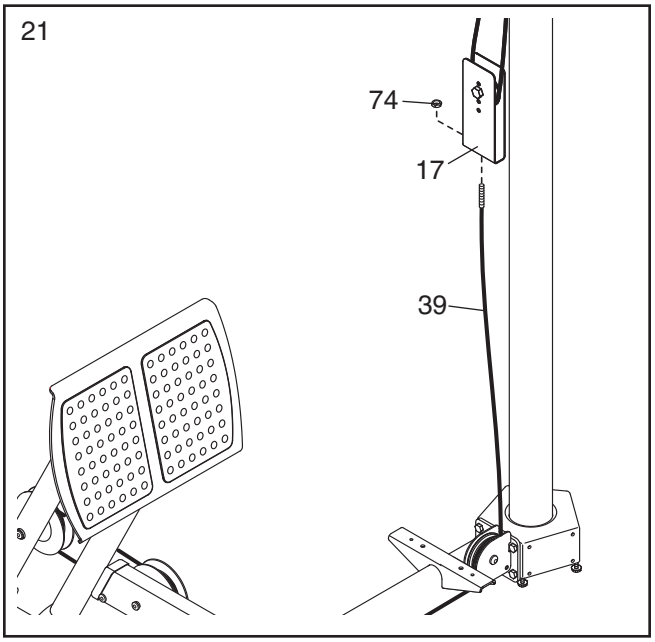


20. Route the Long Cable (39) through the Base (10) and around the indicated Large Pulley (53).

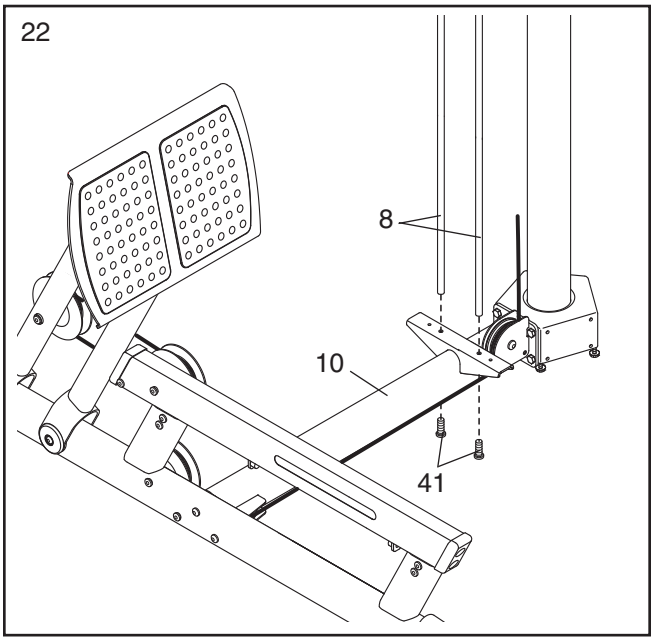
    Wrap the Long Cable (39) under a Large Pulley (53). Attach the Large Pulley and the two Square Pulley Guards (18) to the Base (10) with an M10 x 95mm Bolt (64) and an M10 Nylon Locknut (38).



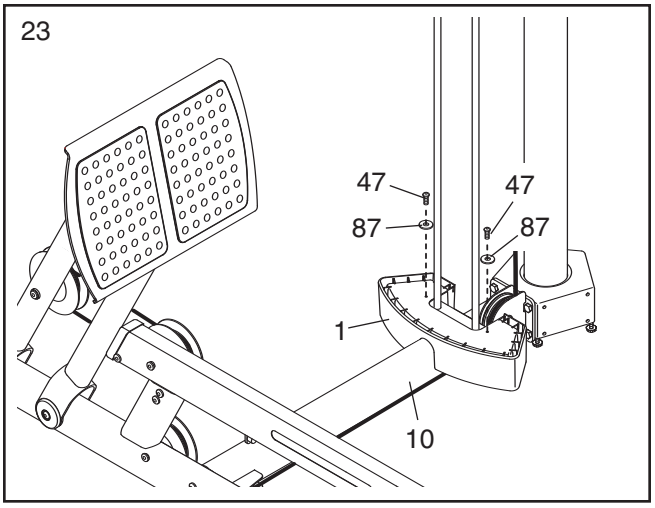
21. Attach the Long Cable (39) to the bottom of the "U"-bracket (17) with an M6 x 6mm Nut (74).



22. Attach the two Weight Guides (8) to the Base (10) with two M10 x 19mm Screws (41). **Do not tighten the Screws yet.**

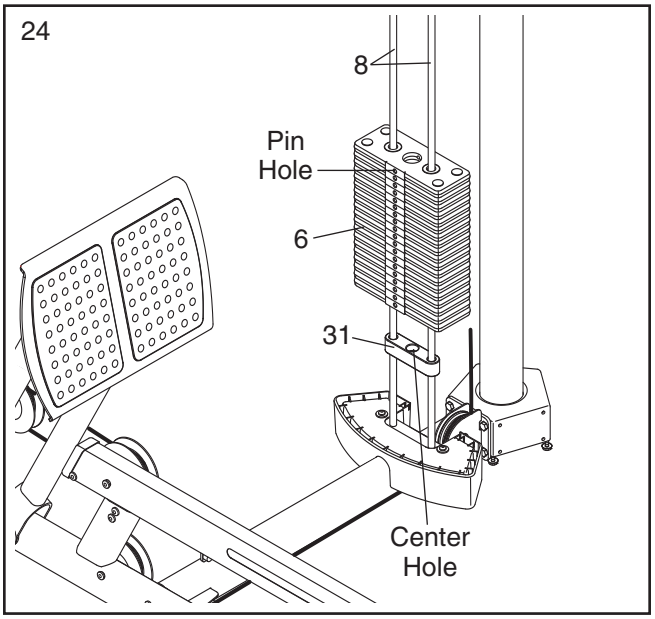


23. Attach the Shroud Base (1) to the Base (10) with two M5 x 25mm Screws (47) and two M6.5 Washers (87).

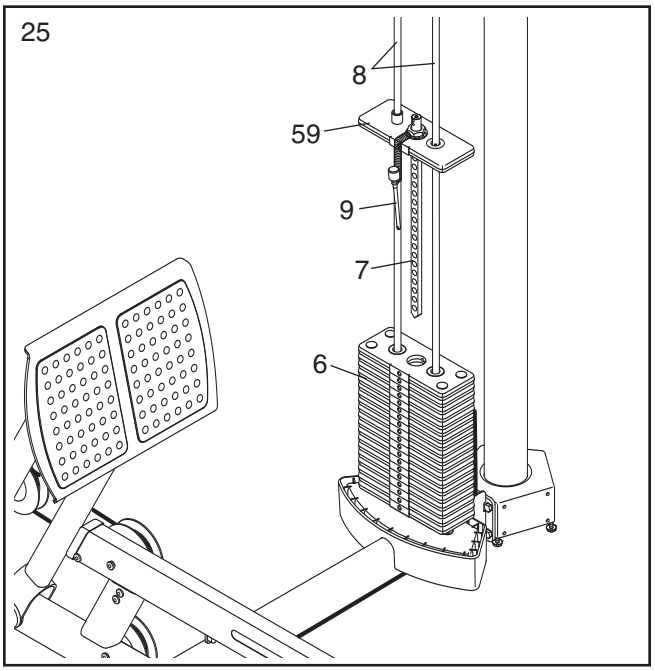


24. Orient the Weight Bumper (31) as shown, and slide it onto the Weight Guides (8).

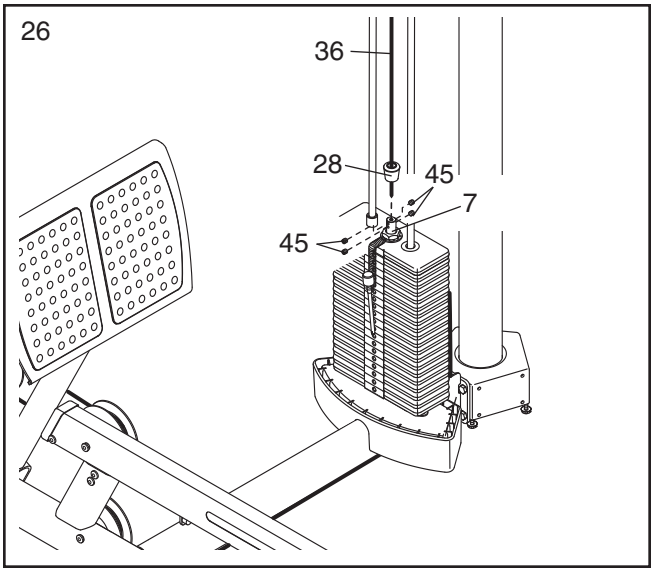
    Orient the nineteen Weights (6) so that the pin holes are positioned as shown. Slide the Weights onto the Weight Guides (8).



25. Orient the Top Weight (59) as shown. Slide the Top Weight onto the Weight Guides (8). Insert the Weight Pin (9) into the Weights (6) and the Weight Tube (7).



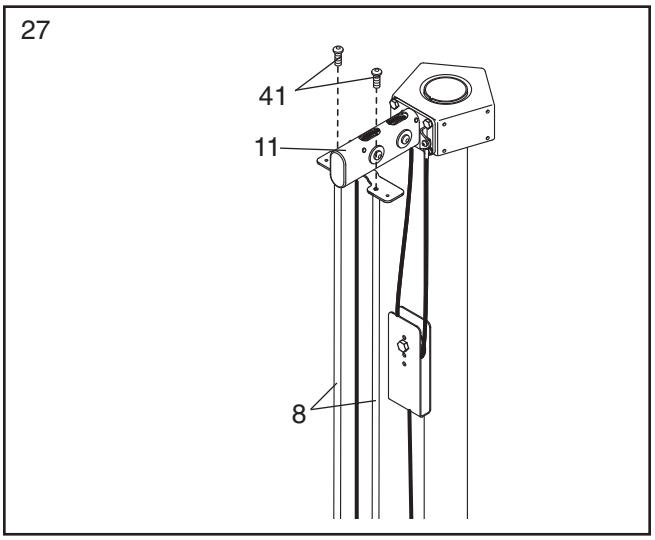
26. Slide the Weight Tube Cover (28) onto the Short Cable (36). Then, insert the Cable into the Weight Tube (7) until all four M8 x 8mm Set Screws (45) can be tightened against the Cable. Tighten each Set Screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).



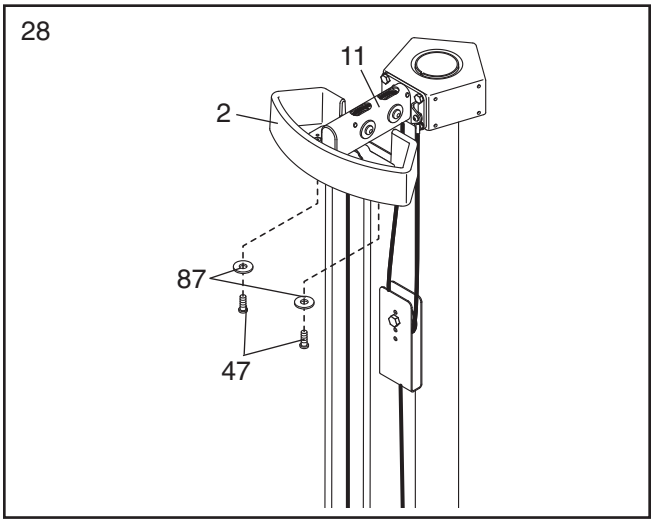
27. Attach the Weight Guides (8) to the Top Frame (11) with two M10 x 19mm Screws (41).

See step 11. Tighten the M10 x 19mm Hex Screws (40).

See step 22. Tighten the M10 x 19mm Screws (41).



28. Attach the Shroud Top (2) to the Top Frame (11) with two M5 x 25mm Screws (47) and two M6.5 Washers (87).

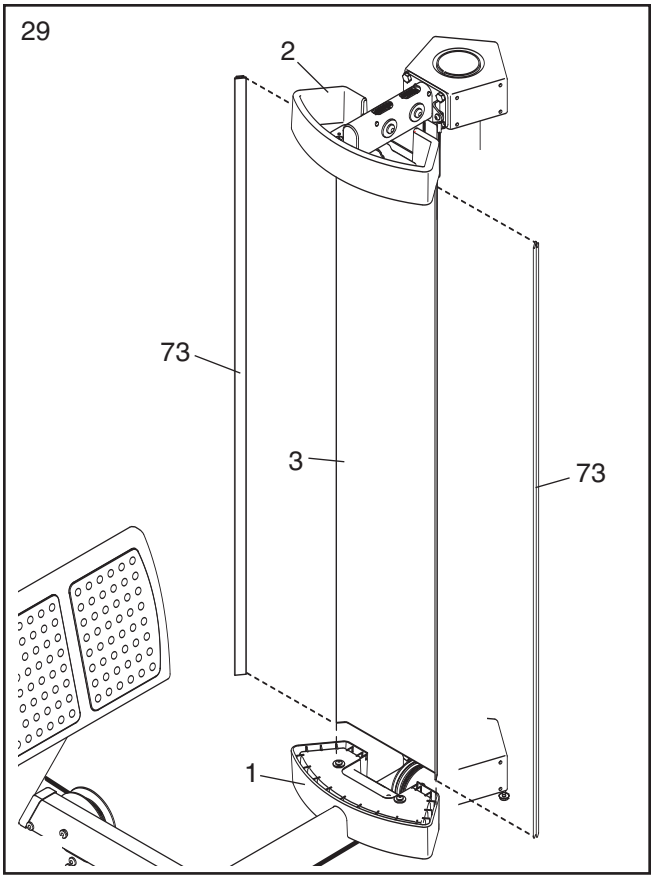


29. **Note: If attaching all the stations to the center column, it is not necessary to attach the Rear Shroud (3) and the Shroud Joints (73).**

For clarity, the weight stack is not shown in steps 29 and 30.

Lift the Rear Shroud (3) up into the back of the Shroud Top (2). Then, slide the Rear Shroud downward into the Shroud Base (1).

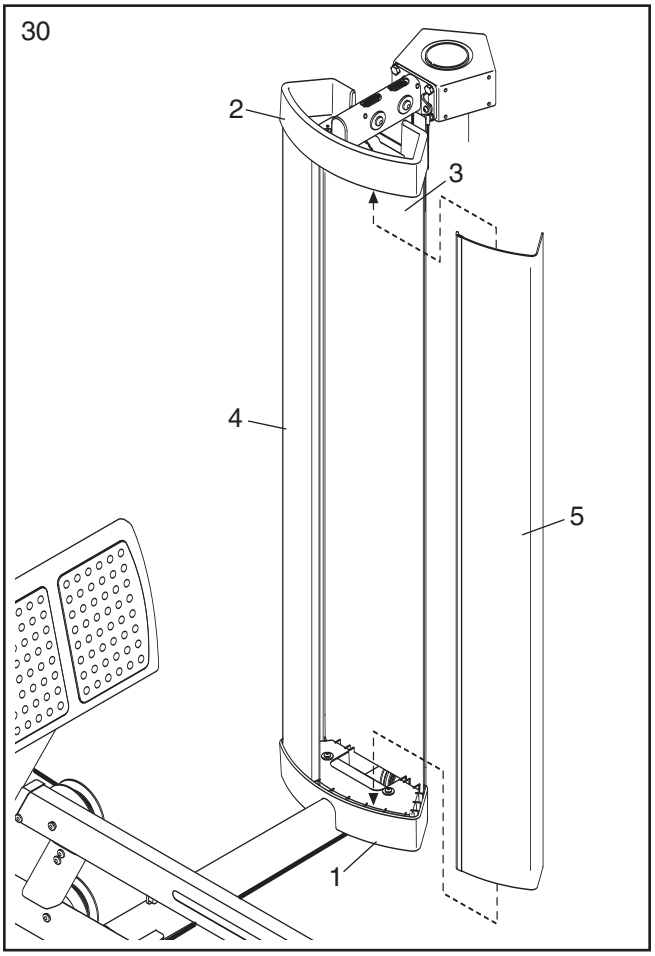
Press the Shroud Joints (73) onto both sides of the Rear Shroud (3). Have a second person hold the Shroud Joints until step 30 is completed.



30. Lift the Left Shroud (4) up into the front of the Shroud Top (2). Then, slide the Left Shroud downward into the Shroud Base (1).

Next, slide the Right Shroud (5) into the Shroud Base (1) in the same way.

Attach the Rear Shroud (3) to the Right Shroud (5) and the Left Shroud (4) with the two Shroud Joints (not shown).



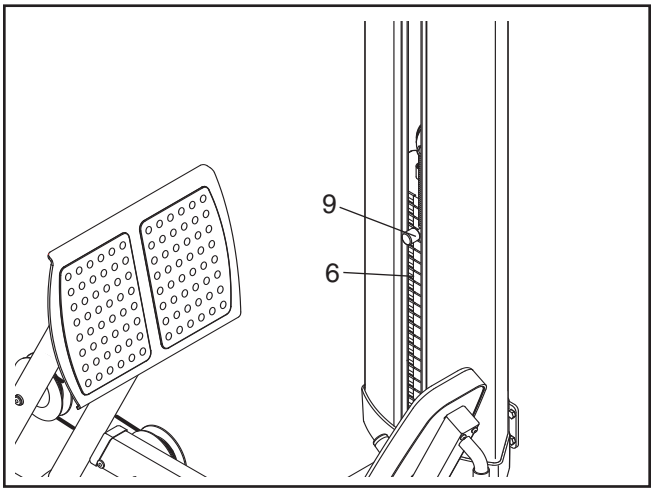
31. **Make sure that all parts are properly tightened before you use the weight station.** The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17.

ADJUSTMENT

This section explains how to adjust the weight station. See the EXERCISE GUIDELINES on page 20 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

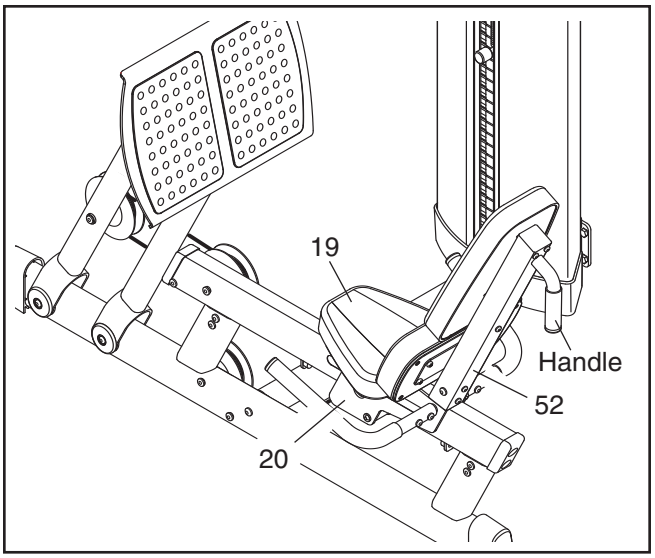
CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (9) into the hole in the desired Weight (6). **Make sure that the Weight Pin is fully inserted in the Weight Tube (not shown).**



ADJUSTING THE SEAT

To adjust the position of the Seat (19), lift the handle on the Backrest Frame (52), slide the Seat Carriage (20) to the desired position, and then release the handle.



MAINTENANCE

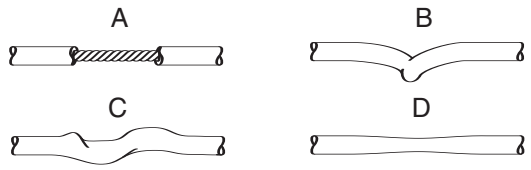
Make sure that all parts are properly tightened each time the weight station is used. Replace any worn parts immediately. Clean the weight station with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight station**.

WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON® or silicone-based lubricants.**

CABLE INSPECTION

Check the entire length of each cable by slowly performing one repetition on the exercise equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the conditions shown on the right, which may indicate a worn cable in need of replacement.



A. torn or split cable sheath
B. kinked or severely bent cable
C. curled or twisted sheath
D. stretched or thinning cable sheath

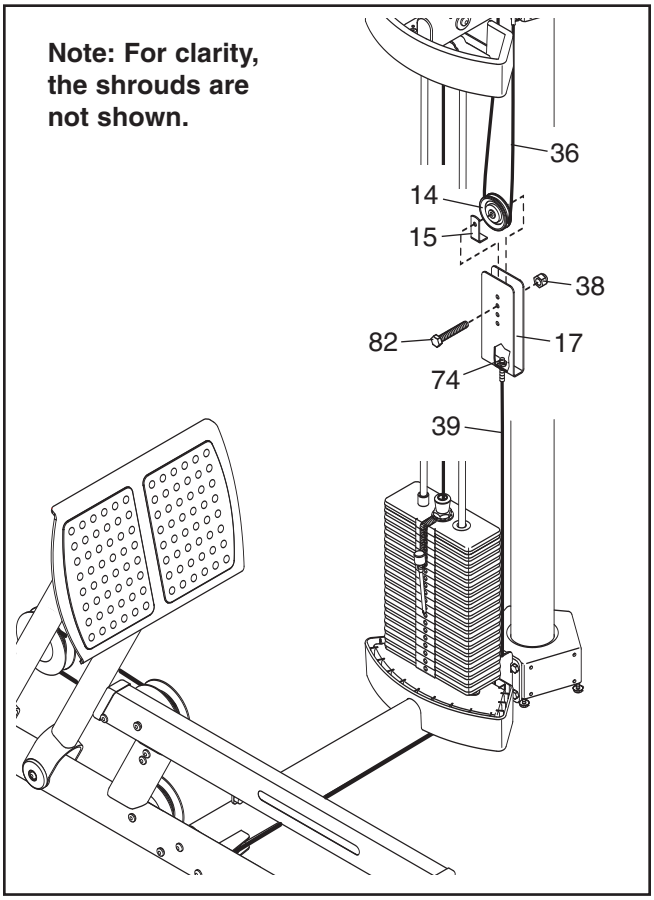
CABLE ADJUSTMENT

Woven cable, the type of cable used on the weight station, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Remove the M10 Nylon Locknut (38) and the M10 x 54mm Bolt (82) from the "U"-bracket (17), the Small Cable Trap (15), and the Small Pulley (14). Reattach the Small Pulley and the Cable Trap to a lower hole in the "U"-bracket. **Make sure that the Cable Trap is in the proper position and that the Short Cable (36) and the Small Pulley move smoothly.**

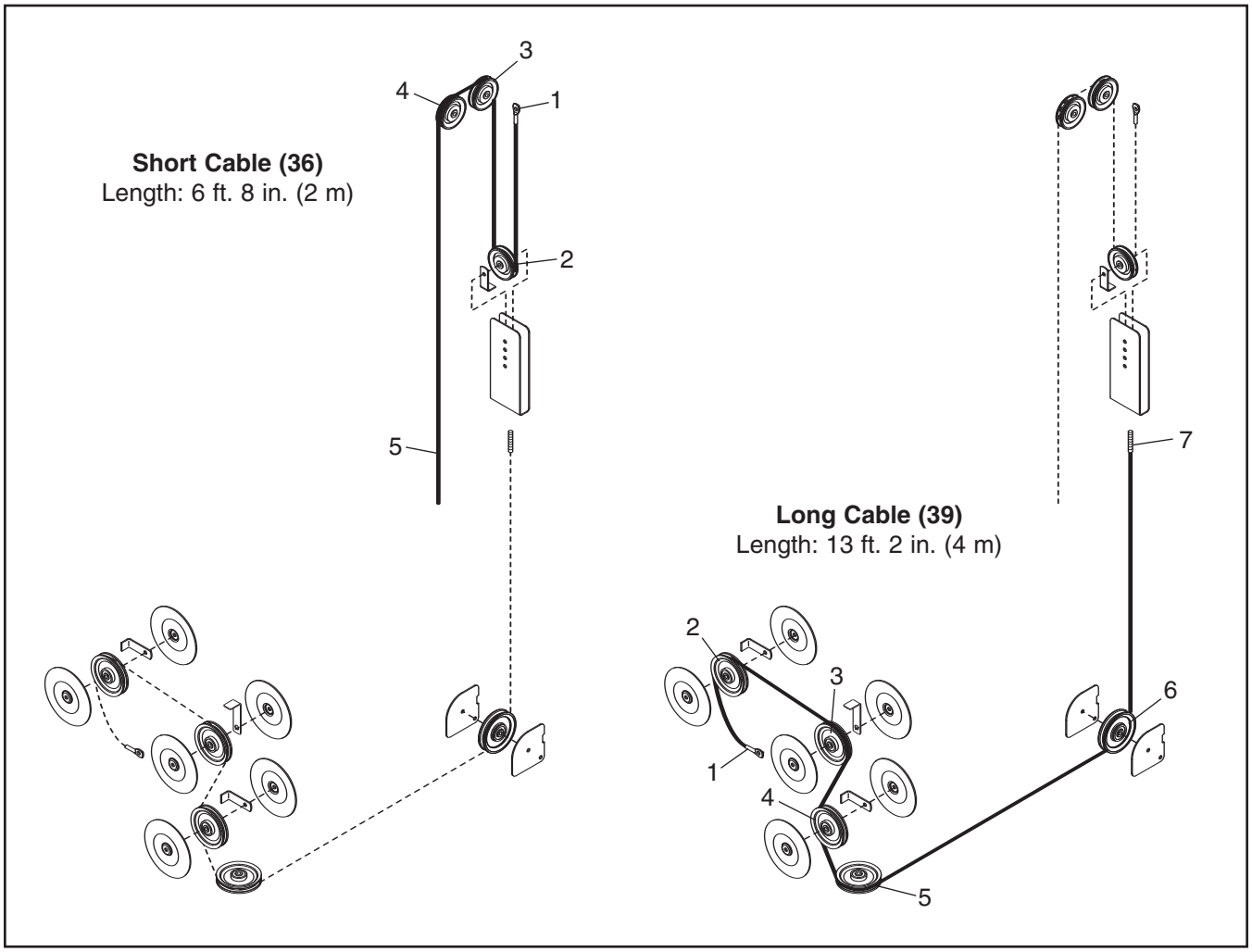
To further tighten the cables, tighten the M6 x 6mm Nut (74) that connects the end of the Long Cable (39) to the "U"-bracket (17).

Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.



CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables and cable traps are assembled correctly. If the cables and cable traps are not assembled correctly, the weight station will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

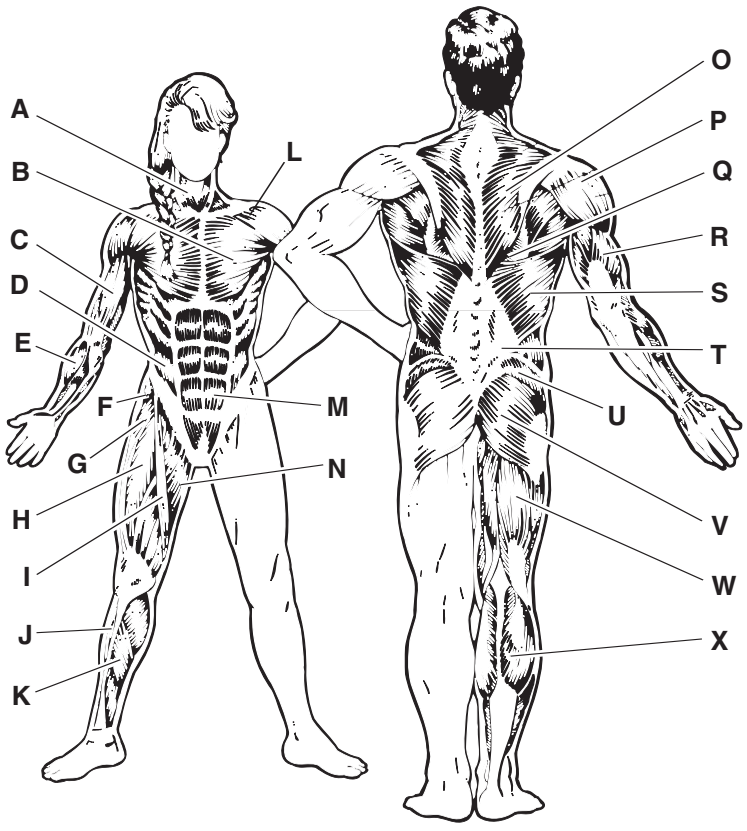
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

WARRANTY PERIODS AND COVERAGE

Residential and Light Commercial
Frame: Lifetime
Parts: 10 years
Cables/Belts: 1 year
Upholstery and Accessories: 90 days
Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The 1-year labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, improper service.
4. Users in excess of 350 lbs. (159 kg) in weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spas and pools.

This warranty shall not apply to the following:
1. Cosmetic items including grips, decals, and labels.
2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased your equipment. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, cost of removal, installation or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights and you may have other rights that vary from state to state.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

PART LIST—Model No. VMSY80907.0

R0807A

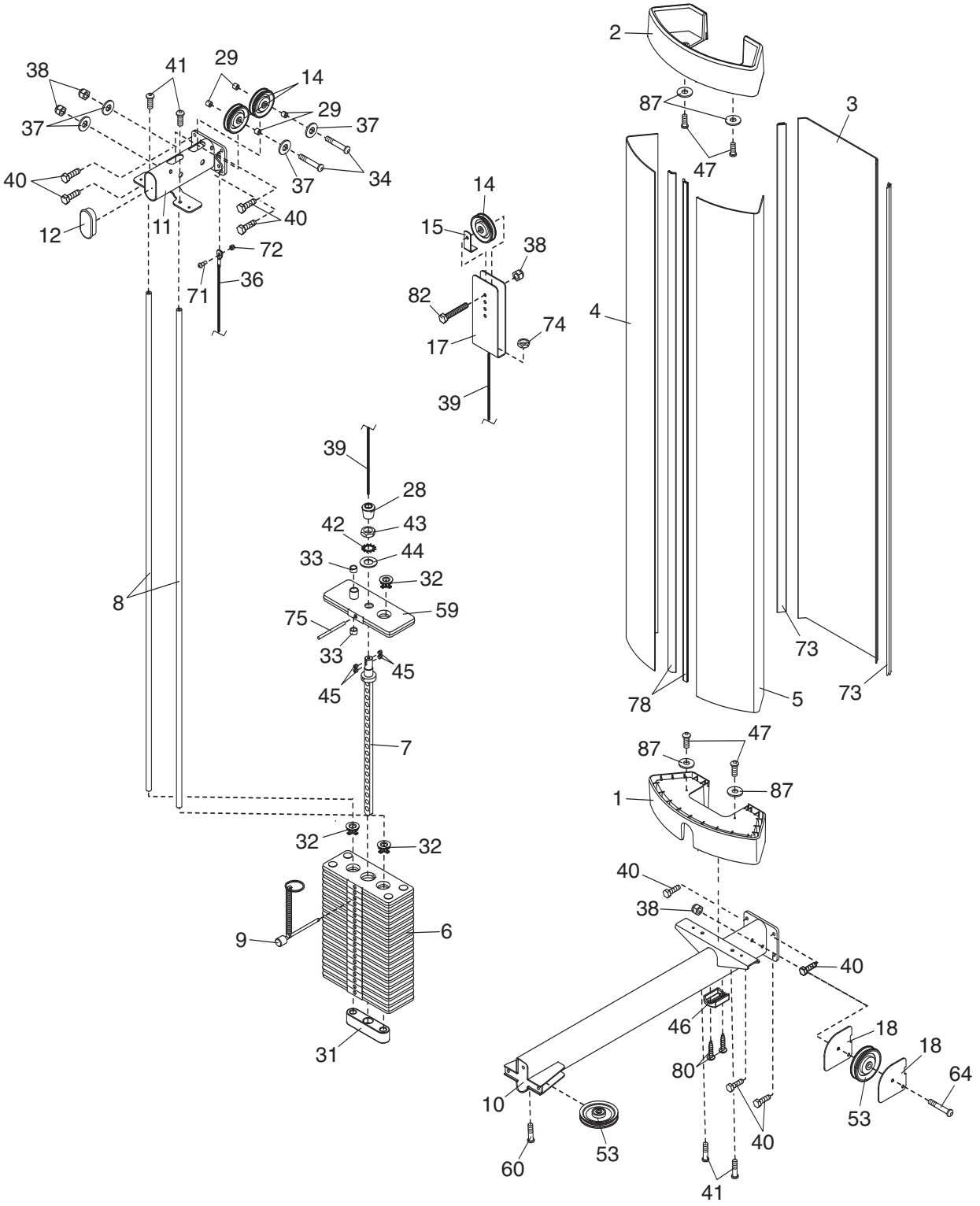
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description
1	1	Shroud Base
2	1	Shroud Top
3	1	Rear Shroud
4	1	Left Shroud
5	1	Right Shroud
6	19	Weight
7	1	Weight Tube
8	2	Weight Guide
9	1	Weight Pin
10	1	Base
11	1	Top Frame
12	1	Top Frame Cap
13	1	Stabilizer
14	3	Small Pulley
15	1	Small Cable Trap
16	6	Round Pulley Guard
17	1	“U”-bracket
18	2	Square Pulley Guard
19	1	Seat
20	1	Seat Carriage
21	1	Seat Carriage Cap
22	2	Foot Plate
23	1	Press Frame
24	1	Large Press Frame Support
25	1	Seat Frame
26	8	Press Frame Cap
27	2	Seat Frame Cap
28	1	Weight Tube Cover
29	4	Pulley Spacer
30	2	Seat Handle Grip
31	1	Weight Bumper
32	39	Weight Bushing
33	2	Top Weight Spacer
34	2	M10 x 66mm Bolt
35	8	M6 x 18mm Screw
36	1	Short Cable
37	4	M10 Washer
38	9	M10 Nylon Locknut
39	1	Long Cable
40	8	M10 x 19mm Hex Screw
41	14	M10 x 19mm Screw
42	1	Star Washer
43	1	M25 Nut
44	1	M25 Washer
45	4	M8 x 8mm Set Screw
46	1	Base Foot
47	4	M5 x 25mm Screw
48	2	Stabilizer Cap
49	2	Leveling Foot
50	1	Backrest
51	1	Lumbar Pad
52	1	Backrest Frame
53	5	Large Pulley
54	2	Seat Handle
55	3	Handle Cap
56	2	Seat Carriage Roller
57	4	Press Frame Rod
58	8	Large Bushing
59	1	Top Weight
60	1	M10 x 45mm Screw
61	12	M10 x 13mm Screw
62	8	M10 x 19mm Patch Bolt
63	2	M10 x 111mm Bolt
64	1	M10 x 95mm Bolt
65	3	M6 x 75mm Screw
66	8	Small Bushing
67	2	Bumper
68	2	M8 x 13mm Screw
69	3	M12 Nylon Locknut
70	2	M10 x 69mm Screw
71	1	M8 x 25mm Shoulder Bolt
72	1	M8 Nylon Locknut
73	2	Shroud Joint
74	1	M6 x 6mm Nut
75	1	Top Weight Pin
76	3	M6 x 25mm Screw
77	3	M12 x 86mm Bolt
78	2	Shroud Edging
79	1	Backrest Frame Cap
80	2	M4 x 13mm Screw
81	1	Small Press Frame Support
82	1	M10 x 54mm Bolt
83	3	Large Cable Trap
84	2	M10 x 76mm Bolt
85	1	Backrest Handle Grip
86	1	M10 x 80mm Screw
87	4	M6.5 Washer
88	1	Seat Frame Spacer
89	1	M10 x 100mm Bolt
90	8	Bearing
*	–	User’s Manual
*	–	Exercise Guide
*	–	Hex Key
*	–	Grease Packet

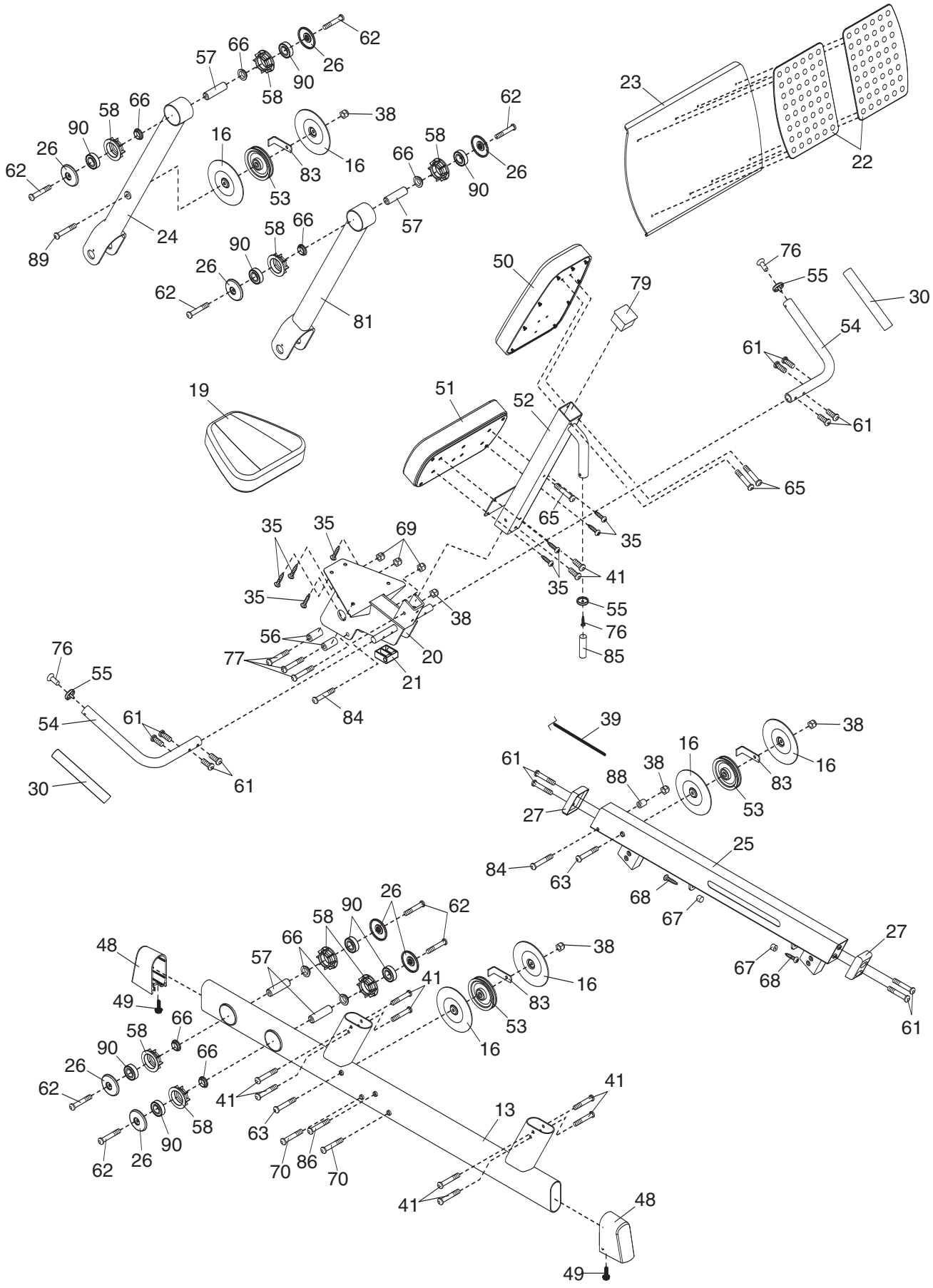
Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING A—Model No. VMSY80907.0

R0807A



EXPLODED DRAWING B—Model No. VMSY80907.0 R0807A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the address or phone number listed below. Please be prepared to provide the following information:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

Call
Toll-free in the US: 1-866-799-8946, Mon.–Fri. 8 am–5 pm MST
International: +1-719-533-2911

Email
US: fmfvmcustomerservice@freemotionfitness.com
International: intlcustomercare@freemotionfitness.com

Write
FreeMotion Fitness
1096 Elkton Drive Suite 600
Colorado Springs, CO 80907

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